

Phuket

Traveller



HARRYS STEAKHOUSE & RESTAURANT

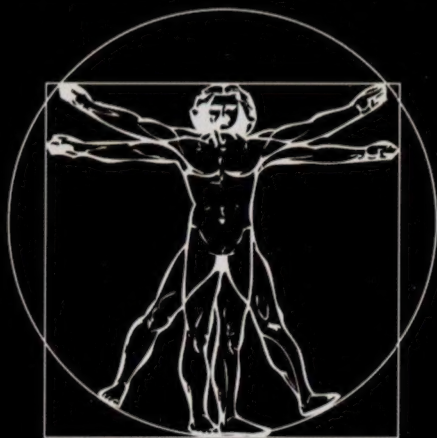
Soi Patong Tower



Menu



DAVINCI



LOVNGE BAR
RISTORANTE PIZZERIA

NAI HARN / PHUKET



Cocktail Lounge & Wine Bar

Open Air Italian Dining

Wood Fired Pizza's

Children's Play Area

Free Parking

Open Daily 17h30 until Late

Reservations: 076 289574

www.davinciphuket.com



JACK DANIEL'S GLAZED BABY BACK RIBS

HARRYS STEAKHOUSE & RESTAURANT

Soi Patong Tower

Tel 076 340 418

Harrys at Patong Beach is located on a quiet walking street between the beach and Patong Tower. We serve imported steaks and a wide range of international food.

Kids menu: All dishes 99 bath

Menus in:



www.harrys-phuket.com

MOM TRI'S Gourmet Restaurants



MOM TRI'S
BOATHOUSE
at Kata Beach

Reservation Tel 076 330 015
fb@boathousephuket.com

A new gourmet restaurant by the award-winning
Mom Tri's Boathouse at Royal Phuket Marina



MOM TRI'S
BOATHOUSE
REGATTA
at Royal Phuket Marina

Thursdays & Saturdays at the Boathouse Regatta
3-course gourmet menu 1,000 Baht net
and live music by Bossa Nova Duo Sioni & Dennis

Reservation Tel 076 360 855 or 076 330 015
regatta@boathousephuket.com

www.boathousephuket.com
www.momtriphuket.com

JUNGCEYLON

The International Shopping
and Leisure Destination in Patong - Phuket



The Only Destination to Fulfill Your Shopaholic Desire

Jungceylon offers a variety of lifestyle shops as well as a fantastic experience of unlimited fun for complete leisure and relaxation. With more than 300 shops waiting to be Explored, you will be amazed with what Jungceylon has to offer. Be sure that you don't miss the Amazing Jungceylon Water Fountain Show daily and experience nightlife entertainment at the newly opened night club "Sound Phuket" – The Ultimate Clubbing Experience. At Jungceylon, come and enjoy a new era in shopping paradise all under one roof.

Operating Hours : 11 am till 10 pm

For more information, please contact :

Phuket Office : +66 76 600 111

Bangkok Office : +66 2 663 7593

Email : info@jungceylon.com

Website : www.jungceylon.com



JUNGCEYLON
SHOPPING DESTINATION
PATONG - PHUKET



THE
COFFEE
CLUB



CAFE • BAR • RESTAURANT

GOOD FOOD
GREAT SERVICE
EXCELLENT COFFEE



The Coffee Club Cafe Bar Restaurant offers an extensive menu of Western dishes such as Eggs Benedict, Pastas, Steak and Sandwiches, as well as tasty Thai dishes from 89 Baht.

- Turtle Village, Mai Khao Beach Tel-076314805
- Jungcelyon Shopping Centre,
Patong Beach (Opening March)

 The Coffee Club Thailand  @thecoffeeclubth
E-mail : feedbackgm@minornet.com

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Phuket

Traveller

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6-page foldout Map of Patong



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Phuket's Top Picks



Baan Rim Pa

Piano Bar Restaurant
Phuket's Ultimate in Dining
Multi award winning restaurant
Tel: 076-340-789
www.baanrimpa.com



Phuket International Hospital

Health Checkups
Exceptional Value
and Service
Tel: 076-249-400

DAVINCI Ristorante Pizzeria

The Italian restaurant favoured
by the local expat community.

Tel: 076-289-574
www.davinciphuket.com

DAVINCI



Rajah Fashion

One of the finest Custom
Tailor on island.
At Le Meridien Hotel
Tel: 076-341-568
Patong Beach Front
Tel: 076-345-616



The Green Man

Traditional English
Country Pub & Restaurant

Nightly entertainment,
fabulous food, & heaps of fun,
even for the kids
Tel: 076-280-757



Amrita Restaurant

Thai cuisine with
warm hospitality and
friendly atmosphere
at Avantika Boutique Hotel
Tel: 076-292-801-7



Mom Tri's Spa Royale

Tel: 076-333-568
www.villaroyalephuket.com



Dive The World

Your one-stop solution for
diving and liveaboards!

Tel: 076-340-318
www.Dive-The-World.com



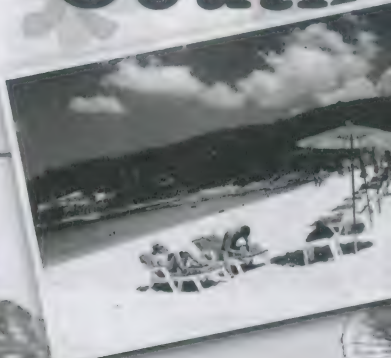
Viva Mexico

Patong's first and finest
Mexican restaurant on
Soi Wattana Patong
Beach Road
Tel: 076-346-065

You haven't done Phuket until you've:

- Visited Wat Chalong and had your fortune told the ancient Chinese way utilizing small numbered sticks.
- Had dinner at Baan Rim Pa Piano Bar Restaurant. Sensational locations, award winning cuisine and live Jazz.
- Taken a late afternoon drive along the cliffs between Kata and Rawai Beach and enjoyed the sunset at Promthep Cape.
- Visited "Jungceylon"; The International Shopping and Leisure Destination to indulge yourself with more than 300 lifestyle shops, dining experience and do not miss the amazing dancing water fountain show daily.
- Taken an early morning horse ride along the beach at Bang Tao or Nai Harn.
- Visited the local fresh food market in Phuket Town.
- Rented a hobie cat or windsurfer and headed out into the Andaman Sea.
- Enjoyed a late night snack from one of the many sidewalk vendors.
- Spent an evening at Simon Cabaret and had a look at the boys who would be girls.
- Visited one of the prominent antique and fine art showrooms.
- Chartered a professional deep sea fishing boat and headed out at night after the fish.
- Been to the intimate and elegant Playhouse Theatre to enjoy their unique theatrical cabaret performance.
- Ordered custom-made clothes at Rajah Fashion tailors at bargain prices.
- Experienced a relaxing massage on the beach.
- Visited the Gibbon Rehabilitation Center near Bang Pae Waterfall or returned your love for Phuket by sponsoring an innocent and needy dog at the Soi Dog Foundation (www.soidog.org).
- Taken advantage of the high quality medical and dental treatments available at a fraction of the price back home.
- Gone exploring the hongs of Phang Nga by canoe with one of the more reputable canoe tour operators.
- Treated yourself to the heavenly luxury of a traditional Herbal Sauna / Massage.
- Purchased a Phuket T-shirt for those who had to remain at home!
- Used scuba or snorkel gear to swim with the incredibly beautiful and varied creatures of the Andaman Sea.
- Gone island and reef hopping with your own speedboat.

Pearl of the South



Located in the sparkling green waters of the Andaman Sea just 70 minutes flying time south of Bangkok, Thailand's most popular beach destination has everything you could possibly want on a holiday: beautiful beaches, some of the finest resort hotels, watersports, exquisite seafood, international and Thai cuisine, mountains, forests, temples, coral reefs, turquoise seas and tropical sunshine all in plentiful proportions. Whether you are looking for a quiet corner to enjoy a romantic retreat or an action packed time with plenty of colourful night life, Phuket has it all.

First mentioned in Malaysian literature in 1,200 AD., Phuket has had an interesting history with influences from both East and West, including the British. In 1785 a five-week invasion by the Burmese was repulsed thanks to the ingenuity of two sisters, since elevated to national heroines. Realising they were outnumbered, Chan and Mook persuaded all the island's women to dress up as men thus fooling the Burmese into believing that the island was too well defended. In fact the island's governor had just died and the Thais were leaderless. As you drive to your hotel from the airport you will pass a statue, located in a roundabout, honouring the two sisters.

During the last hundred years, Phuket has established its economic importance with the mining of tin and growing of rubber, although nowadays most tin mining activities have been replaced by tourism. ☺

SOME HELPFUL BASICS ABOUT PHUKET TO GET YOU ORIENTATED QUICKLY



Business Hours

Most offices open from 9 am to 5 pm, Monday to Friday, except on and around public holidays when business hours may vary widely. General banking hours are Monday to Friday 8.30 am to 3.30 pm. Many stores are open 12 hours a day, seven days a week.

Electricity

Electricity in Thailand is 220 Volts AC at 50 cycles. Several different plugs and sockets are in use, so travelers will need to be aware of this when using shavers, tape recorders or other appliances that require power mains. A plug adapter kit can be purchased in Phuket. There are occasional blackouts and power variations, especially during rainy season. Care should be taken to protect delicate equipment like notebooks.

Photographic Facilities

Most popular brands and types of film are widely available in Thailand and in Phuket. It is advisable to bring any special photographic equipment or film from home as supplies may be limited here. Film processing is widely available and one-hour service is common.

Postal Services

The post offices are usually open from 8 am to 4.30 pm. The Thai post service is usually reliable. Important items can be sent by Express Mail Service (EMS). This is faster and safer but the cost is higher. Private air couriers like DHL and UPS have representatives on Phuket.

Telephone Services

International calls can be made from the post office, most major hotels, some travel agents and private international telephone offices dotted about the island. For international

direct dialing (IDD), dial 001 + country code + area code + phone number.

E-mail Services

There are also several Internet Cafes in the small communities around the island and especially in the more developed tourist locations. For those with a laptop computer, access to internet service providers is possible through one of the many computer shops throughout the island.

Climate

The climate of Phuket is tropical and therefore warm throughout the whole year. At the same time it is dominated by the monsoon winds that bring about seasonal changes from dry to wet.



The monsoon winds change prevailing direction according to the season. This was an important aspect of navigation for the sailing ships in the Middle Ages. There are two very hot periods of weather on Phuket, the first between April and May when the average temperatures range from 30 to 36 degrees Celsius and only the occasional tropical thunderstorm brings relief from the heat. It is also very hot between September and October but the frequent rainfall has a wonderful cooling effect. The Southwest monsoon, from March to September, occurs when the sun is directly over the equator, the Asian continental mass heats up more than the surrounding Indian Ocean. Moist, hot air is drawn from the sea to the land causing a south westerly wind to blow over Phuket bringing rain & inclement weather to the west coast of Southern Thailand. The Northeast monsoon occurs when the sun shines from the south, the Indian Ocean gets warmer and consequently the north eastern monsoon blows, bringing sunny skies and beautiful weather to the entire region.

Codes of Behaviour

Thais are flexible in nature and understand very well, that foreigners can not know their code of behavior. Mostly, they are too polite to complain about anything you do out of ignorance. But to earn some respect from their side, it is important to show proper behaviour. *Showing respect* - Most important is to show respect for the monarchy in any way. Thai people are very fond of and loyal to their king and queen and the whole royal family. The religion should be respected as well. Temples, Buddha statues or monks (it is not allowed for a woman to touch a monk, for example) are to be revered. Buddhist and Chinese shrines are open to foreigners but you should dress appropriately when visiting. Shorts and sleeveless shirts are discouraged. A non-muslim can enter a mosque except during prayer time. Hilltop houses have special spirit rooms, which are closed to outsiders; entering them will violate their sanctity. Thais are amenable to being photographed but, if in doubt, ask first. Monks can be photographed and Buddhist ceremonies as well. Thais regard the feet of lower stature so do not point them at others or step over those seated or lying.

Remove your shoes before entering a Thai temple or house. Likewise, head is of high stature and is not supposed to be touched or slapped. *Tipping and Bargaining:* Although tipping is not expected or required, it is a nice gesture to leave a small amount, when you receive good service.

Most restaurants, bars, supermarkets, department stores, pharmacies, public transport (except taxis and tuk-tuks), and larger hotels do not offer discounts. On the other hand, nearly any independent small business, from jewelry stores to street vendors, are open to bargaining. But of course, you cannot take a discount for granted right from the start, so all discussions should be done in a friendly manner. *Clothing* - Thailand is a country in the tropical region, so light, loose cotton clothing is most recommended. If visiting mountainous areas or national parks, a sweater is of use. Especially when exploring the night-life, tight dresses and miniskirts are no problem. On the other hand, naked sunbathing or topless appearance in public places is considered rude and is generally not accepted. *Criminality* - Thailand is one of the friendliest and safest travel destinations in the world. Your personal safety is taken well care of in Phuket and the tourist police demonstrates a polite and competent attitude all around. By travelling with confidence, being aware and showing the proper caution, you will surely enjoy your stay.

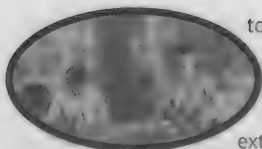


Tourist Safety

Since the catastrophic tsunami in December, 2004, the Thai authorities have installed a sophisticated warning system to alert the public of possible incoming tsunamis. While on or near the beach, if you hear loud alarm sounds being broadcast over the entire beachfront area, please consider the need to evacuate the beach area immediately. Aside from protecting yourself from natural disasters, there are some things travelers to Thailand should watch out for. Pickpockets are more likely to be found in tourist areas, on buses, at festivals, and at boat harbors, so keep an eye on your valuables. Bring only what you have to, and leave all valuables in your hotel safe. Credit card fraud is not uncommon in Thailand, so be cautious with your cards, even those left in your hotel room and allow them to be used only at reliable places of business. Visitors have also been robbed after a stranger who has befriended them, slips a sleeping drug in their food or beverage. Do not accept food or drink from strangers. Tours or shopping bargains - if you do go on a tour or dive, try to do so with a reputable company.

The People of Phuket

Official Phuket records reflect a local population of around 200,000 inhabitants. The two main population centers are on opposite sides of the island. On the east coast is Phuket Town, the capital and on the west coast is Patong Beach, Phuket's center of



tourism. The residents of Phuket are Thais and Chinese who migrated from the mainland to work in tin mines, Muslims of Malaysian extraction who came to work in the rubber plantations and the *Chao Ley* or sea gypsies, one of the earliest groups to inhabit Phuket. The Chinese represent around 35% of the island's population. They differ from those who settled in Bangkok and other regions of Thailand, as they arrived mainly from the Hokkien region of China as did those now living in Singapore and Malaysia. As elsewhere in Asia, many of the Chinese have now become fully integrated into Thai society and many of them own businesses both large and small. Collectively, they are responsible for a large part of the trade volume on Phuket and their influence is visible in many places such as the Chinese temples on Phuket or the annual Chinese Vegetarian Festival in October, a major tourist attraction of Phuket. The influence of the Indonesian and Malayan culture is also apparent in the ethnic makeup, language, art and religion of southern Thailand. About one third of the Thais living on Phuket are Muslims. Concentrated mostly around Surin and a few other big villages, they work as rice and rubber farmers. In addition to the Thai and Malay languages, many also speak 'Yawi', an ancient dialect of the Malayan language.

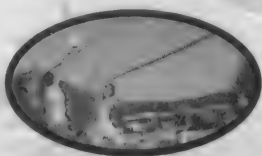


Entertainment

Patong Beach is the center of all tourist oriented nightlife on Phuket.

Here, located within a half kilometer's radius of Soi Bangla, are hundreds of small bars, pubs, gay bars, and go-go bars. Clearly, with so much variety on offer, these bars are the most popular destination for nighttime activity. They give the town its unique flavor of a lively, fun place until long after the sun goes down. Patong Beach features some great discos too. Four of them, Banana, Dragon, Seduction and Tiger, are also located near Soi Bangla. Another one, the Safari Pub, is on the hill towards Kata Beach. Lined up next to each other in long rows around Soi Bangla, the bars and pubs of Patong Beach are probably the most popular nighttime destination for most visitors. The atmosphere is easy and relaxed as it is very easy to take a seat in one of the many bars or pubs and enjoy people-watching as there is always a sea of human beings moving around you. For party lovers, you will be amazed with what Jungceylon has to offer. We feature everything from excellent live music, good jazz clubs, and ultra cool bars to trendy clubs. Be sure that you will not miss the newly opened night club called "Sound Phuket" - The Ultimate World Class Clubbing Experience. Jungceylon is ready to welcome tourists from every part of the world. In season, Phuket is awash with people from many different countries and Patong Beach in particular becomes a very cosmopolitan place. People who finish days diving, sunbathing or sightseeing enjoy congregating in these places to meet and party

on into the night. . There is a wide variety of bar sports to play with any of your new found friends. Games such as banging a nail into a tree stump with a special hammer are quite popular and can get quite funny after a couple of beers. Some of the slightly larger bars have pool tables (for as cheap as THB 20) and dart boards, giving the opportunity to do something more than just drink. For those who prefer the gay scene, venture over to the Royal Paradise complex, you won't be disappointed. If you are not familiar with Go Go bars from TV documentaries or Hollywood movies, here you find a short introduction into what Go-Go's are all about. A Go Go Bar is a place, where you can watch girls dancing to energetic music clothed in nothing more than a string bikini. These girls are not totally nude, as this is officially prohibited by Thai law. The girls may interact with the customers during the time they are not dancing. They are not owned in any way by the bar and if they want to share their time with the guest, it is their decision to make. If you enjoy the company of a particular lady and would like her to accompany you perhaps to dinner or a disco, it is customary to pay the bar a fee, since if she accompanies you, she is no longer assisting the bar by providing entertainment. Anyway, if you have an open mind, visiting a Go Go Bar will surely give you a unique insight into this aspect of tourist entertainment.



You and the Law

Respect for the police is a must and rude talk or shouting should be avoided in every case, guilty or not. Thai police officers have much greater powers of action than for example their European counterparts and will not accept disrespectful behavior. Common Offences such as not wearing a helmet will get you a 300 Baht fine and a 2 hour wait at the local police station to pay your fine. Parking on the wrong side of the road will get your bike or car chained up and another long wait to pay your fine. The trick is to know which side of the road to park on. Just look to see where everyone else has parked and park on that side of the road. If you rent a motorcycle and you get involved in an accident, you will pay for all the damages regardless of you're right or wrong. Basically that's the way it is, motorcycles are not insured and the Thai Police will take the side of their fellow countrymen over you in any dispute. Having said that, the tourist police in Phuket are also aware of the little tricks that the rip-off merchants use (such as short changing at money exchange booths) so if you feel that you've been done an injustice then stand your ground, remain cool at all times whilst awaiting their arrival. Call them at Tel: 1699 toll free. ☺





One of the Greatest Joys of Thailand and especially Phuket is its superb cuisine. Seafood fresh from the Andaman sea is abundant and combined with the large variety of European restaurants, the choice is immense. So if you're not sure where to go or what to eat, let us recommend the following restaurants to you.

This list has been compiled as a quick reference for you. If you would like further information on what the specialities of each restaurant are then check our listing guides for Patong, Kata/Karon and around the Island.

Type of Food	Restaurant	Location	Tel
American/Scand	Harrys	Patong Beach	076-340-418
	Harrys	Karon Beach	076-398-258
	Karon Cafe	Karon Beach	076-396-217
	PG's Dines	Patong Beach	076-340-904
BBQ/Smoked	BBQ Hut	Patong Beach	086-947-6575
Chinese	Hung Fat's	Patong Beach	076-290-288
Danish	Rottehullet	Patong Beach	086-941-8052
Dutch	The Old Dutch	Patong Beach	076-341-380
English	The Green Man	Chalong Bay	076-280-757
	The Islander	Patong Beach	076-342-685
European/Thai	Joy's Cafe	Patong Beach	076-342-448
	Mom Tri's Boathouse	Phuket Town	076-360-855
	Regatta at Royal		
	Phuket Marina		
	Mom Tri's Kitchen	Kata Beach	076-330-015
	New Friend	Karon Beach	081-895-8604
German	The Boathouse	Kata Beach	076-330-015
	Wine & Grill		
German	Grillhütte	Patong Beach	076-341-456

Type of Food	Restaurant	Location	Tel
Indian	Baluchi	Patong Beach	076-292-526
	Baluchi	Karon Beach	076-284-555
	Navrang Mahal	Patong Beach	076-292-280-1
	Navrang Mahal	Karon Beach	076-286-464
International	The Dining Room	Karon Beach	076-398-350
	Two Chefs	Karon Beach	076-286-479
	Two Chefs	Kata Beach	076-284-155
Italian	2 Gusti	Patong Beach	076-209-124
	Borsalino	Patong Beach	076-292-526
	Chokechai Fine Dining	Rawai Beach	084-837-4429
	Da Maurizio	Patong Beach	076-344-079
	DaVinci	Nai Harn Beach	076-289-574
	Paciugo	Patong Beach	076-342-359
	Pasta & Noodle	Karon Beach	076-398-462
Mediterranean	The 9th Floor	Patong Beach	076-344-311
	Bar & Restaurant		
	Chokechai Fine Dining	Rawai Beach	084-837-4429
	The Cliff Restaurant	Karon Beach	076-286-300
	Mamma Mia	Patong Beach	076-340-418
	Mom Tri's Oasis	Kata Beach	076-330-423
	White Box	Patong Beach	076-346-271
Mediterr-Asian	The Cliff Rest.	Karon Beach	076-286-300
Mexican	BBQ Hut	Patong Beach	086-947-6575
	Viva Mexico	Patong Beach	076-346-065
New World	Joe's Downstairs	Patong Beach	076-344-254
	Joe's South	Kata Noi Beach	076-285-385
Scandinavian	Rainforest	Patong Beach	076-344-606
	Skål	Patong Beach	076-340-583
Steakhouse	Bellmans	Kata Beach	076-330-335
	Bellmans	Karon Beach	076-286-245
	Horn Grill	Kata Beach	076-285-173
	Hill Steak Bar	Patong Beach	087-385-7793
	Rico's	Patong Beach	076-342-359
Thai	Baan Rim Pa	Patong Beach	076-340-789
	Chokechai Fine Dining	Rawai Beach	084-837-4429
	Laypang	Bang Tao Beach	081-787-6960
	Locanda	Kata Beach	076-330-087
	Mom Tri's Gung	Kata Beach	076-333-568
	The Busakorn	Patong Beach	076-340-608
	White Box	Patong Beach	076-346-271
Thai/Inter'l	Anchor Inn	Chalong Beach	076-281-329
	Friendship	Rawai Beach	089-728-5304
	Beach Bar		
	Joy's Cafe	Patong Beach	076-344-770
	Nikita's	Rawai Beach	081-272-0561
	White Orchid	Kamala Beach	081-892-9757
Tropical	Las Margaritas	Karon Beach	076-396-217

Phuket's

Popular dining Choices



GRILLHÜTTE

The Grillhütte has been serving delicious German and Austrian food since 1983. Choose one of over 100 well prepared dishes and enjoy it with an imported German Beer. 144/3-5 Thaweewong Road, Patong Beach, Tel: 076-341-456

For the lovers of tasteful food and drinks! Harry's menu offers a blend of the cuisines from all over the world - yet, it might be dominated by touches of American & Mexican cuisines. You have to try their great steaks and ribs. All their steaks are imported and prepared by their swedish chefs. Harry's Steakhouse & Pub is located in Soi Patong Tower, Patong Beach Road, Tel: 076-340-418



White Box, previously a private beach front residence famous for its exceptional design and location in Kalim, overlooking Patong Bay has developed into an amazing high-end restaurant by their new management whilst creating an even more

white
box
restaurant

unique dining experience. This premium restaurant with a minimalist style, themed in white and blue, creates the ideal atmosphere that reflects Mediterranean and Thai culinary inspirations. Located 1 km. after Novotel Patong on the left hand side. Reservations 076-346-271



The DaVinci restaurant is an experience of taste, service and atmosphere where people living on

the island all year round go to relax and enjoy food. The DaVinci complex includes the new V Lounge Wine & Cocktail Bar, the Pizzeria



with a children's play area, al fresco dining and a private function room that can be used for parties plus groups of up to 40 people relax and enjoy the food. Tel: 076-289-574 www.davinciphuket.com

THE 9th FLOOR

restaurant & bar

The fully renovated restaurant features sliding floor to ceiling glass windows so THE 9th FLOOR restaurant & bar is the highest open restaurant in Phuket. It continues its passion for high quality food with some alpine specialties in a contemporary setting. Enjoy the sunset and refreshing sea breeze with cocktail high over Patong. An extensive wine list with 150+ different wines. Sky Inn Condotel, Patong, Tel: 076-344-311



Don't leave Phuket before you have enjoyed this very popular restaurant.

Mamma Mia

PATONG & BANG TAO

themselves "Djävulskt god mat i himmelsk miljö". Mamma Mia Patong is located some 30 meters off Beach Road on Soi Patong Tower. A very quiet and friendly walking street leading up from the beach to the highest building in Patong, the Patong Tower. Mamma Mia Bang Tao is located inside the premises of Bang Tao Lagoon Bungalow with an absolute beachfront location. Mamma Mia Patong tel: 076-346125, 084-6264528, Mamma Mia Bang Tao tel: 087-8821445, 081-7873167

Here... we cook,
THAI Cuisine
Origin ITALIAN
Pasta as
from Napoli,
MEDITERRANEAN Tapas from
Marbella. Chokechai Restaurant.... has a good out
looking tropical post modern
design with more than 1400
pieces of Bamboo Tree. We
recommend you to come and try our Tom Yam Goong, Grapao Gai,
Green Curry or Massaman Curry....or Fried Fish in Garlic. For Italian
Food, we serve also fresh caught Sardine from the Andaman Sea
everyday, we cook it in a boneless version in the Grana Padano Suit
with Rosemary. Or why don't you come and try our Piccata Milanese in
the classic version. Or Penne Arrabbiata or Gorgonzola. Good Wine
Selection from more than 10 countries. Open from 17.00 to 22.30 pm,
Monday closed. Parking for Limousine at back side of the Restaurant.
Reservations 084-837-4429.



Highly regarded Two Chefs serves delicious and exciting tastes from various cuisines from all over the world. The creative touches and experience of the Swedish chefs plus staff,

forms a special combination that offers an extraordinary and memorable evening which needs to be tasted! Located in South Kata Beach, opposite The Boathouse, Tel: 076-284-155, Kata Center, opposite Hotel Peach Blossom, Tel: 076-330-065 and Karon Beach, next to Karon Café, Tel: 076-286-479



Off the beaten tourist path and where locals go, is where you will find the most authentic Mexican food in town, which includes their heaping *Nacho Supreme*, *Enchiladas*, *Carnitas* or *Sizzling Fajitas*. Salsa made fresh daily and desserts like Mexico's favorite, *Cajeta*, or *Sweet Potato Pie* can be found on the menu.

Rat-U-Thit 200 Year Road Tel: 076-340-278



Baluchi

The only award winning Indian restaurant on the island. Drawing its inspiration from the Beluchistan region near Afghanistan, Baluchi Restaurant serves authentic North Indian food with two Masterches from India specializing in *Tandoori* and curries respectively. Located in the Horizon Beach Resort 64/39 Soi Kesub, Patong Beach Tel: 076-292-526 or Horizon Karon Beach Resort in Karon Tel: 076-284-555

If you are thinking of trying to eat the very tasty and popular Thai dishes, fresh sea food, good steaks or Scandinavian dishes, so is one of the best choice the cozy Thai - Scandinavian Restaurant Skål situated on the main road Ratutid 200 Pee RD between Hotel Sea Sun Sand and Tony Resort only 200 meters after the big shopping plaza "Jungeeylon". The restaurant have been here since 2005 and have served many thousand of satisfied customer, so come and try us and you will be very satisfied with the good service and the low prices! We also serve delicious breakfast at very reasonable prices. Tel: 076-340-583



THE COFFEE CLUB

The Coffee Club
Cafe Bar Restaurant

- Good Food
- Great Service
- Excellent Coffee

Australia and New Zealand's favourite cafe brand is now in the land of smiles. The Coffee Club Cafe Bar Restaurant has something for everyone: with an extensive menu of western dishes such as pasta, all day breakfast, steak and

sandwiches, as well as tasty Thai dishes from 89 Baht.

Find us on Facebook - The Coffee Club Thailand

Follow us on Twitter- @thecoffeeclubth

Tel- 076 314 805

Welcome to Patong Beach

Patong Beach is the center of all the **action** in Phuket.

Located 15 kms west of Phuket Town, Patong's 3 km sandy white beach slopes gently into the turquoise waters of the Andaman Sea. It is a myriad of sights, sounds and smells as you discover its unlimited shopping opportunities, restaurants,

hawker food stalls, shopping malls, beer gardens & bars.

During the day there's a real cosmopolitan atmosphere as you stroll down the esplanade seeing people from all over the world.

During the evening when the sun goes down, the action starts to hot up

with the bars and nightclubs coming alive as people start to party, party, party...

The variety of languages, attitudes and colour makes Patong Beach culturally diverse and exciting and this is reflected in its restaurants.

Whatever you're in the mood for, Patong has it: There is a great selection of Italian, Greek, Scandinavian, Japanese, Austrian, German, Mexican,

French, English, Indian, Dutch, Swiss, Belgian, American, Thai and Seafood restaurants. So

if you're looking for a place to eat then check out our dining out guide for the type of food you want to eat.

Once you've made a selection refer to the listings contained in this section for a

complete overview of their services.



PATONG

Amrita Restaurant

Thai

*Avantika Fine boutique Hotel, 4/1 Thawewong Road, Patong
Tel: 076-292-801-7*

Amrita Restaurant is a vibrant mix of sophisticated and yet relax setting over-looking Patong Beach , offering you a panoramic view of the sea where you enjoy magnificent meal while watching sunset. Our special created menu consisted of wide varieties of fabulous dishes range from traditional Thai curries to superb international cuisines which you will not be disappointed. Our drink list offers a wide range of our best selection of both Red and White wine from superb wine cellar. There is also a full classic cocktail menu including our own special mixed cocktail recipe. Amrita is situated at Avantika Boutique Hotel, Patong Beach We open 7 days a week from 10:00- Midnight. Come and enjoy our fabulous menu at very reasonable price where no one else does it better.

Baan Rim Pa Piano Bar Restaurant

Royal Thai

*223 Prabaramee Road,
North Patong/Kalim (opposite Novotel Resort)
Tel: 076-340-789, 076-341-768
www.baanrimpa.com*

Without a doubt Phuket's best-known and most highly awarded restaurant Baan Rim Pa has for many years been the example of the finest in Royal Thai Cuisine.

The location alone is remarkable. Open to the sea breezes and panoramic views from the beach of Patong to the Bay of Kalim, this magnificent Thai style house turned restaurant provides some of the best views on the island.

Everyone is treated as a guest at Baan Rim Pa, many return year after year to experience the friendly service and award winning cuisine. On arrival you will be greeted with warm smiles and shown to your table, or to the famous cocktail bar for pre-dinner drinks where you can sit around the grand piano and listen to world renowned pianist Tommy Doyle playing some of his favourite old Broadway tunes or light Jazz.

Internationally renowned and awarded for its excellence in both taste and presentation, the cuisine at Baan Rim Pa has been described as "too good to eat".

The Cellar, rapidly attaining a reputation as one of the best wine cellars in Thailand and possibly Asia, has been awarded with the prestigious Wine Spectator Award of Excellence each year since 2002.

A visit to Phuket is not complete without the dining experience of Baan Rim Pa or its sister restaurants, Da Maurizio Bar Ristorante and Joes Downstairs which are located next door.

*Open daily: Midday until midnight Award winning Wine Cellar
Capacity: 180 Cocktail Bar: Piano Bar with live Jazz*

BBQ HUT

Fine Mexican Food/BBQ Smokehouse /Thai

251 Rat-U-Thid Road, South Patong Beach

Between Marine Inn and Tina House, South Patong

Tel: 076-340-278, Mobile: 086-947-6575

Off the beaten tourist path and where locals go, is where you will find the "Best Ribs in Patong". Slow cooked all day in the island's only smoke pit is what makes this Q, the best mouth watering ribs you have ever had your little hands on, served with their homemade signature Barbecue sauce, only 180 baht, this includes 2 side dishes of your choice and garlic bread. Ask a local... they will point you here to the most authentic Mexican food in town (and cheap), which includes their heaping Nacho Supreme, Enchiladas, Carnitas, Sizzling Fajitas, Burritos, Tacos, Quesdillas and salsa made fresh daily. Come by for a 29 baht Mexican Taco during their happy hour lunch between 2pm-6pm 7 days a week. Try one of their giant 95 baht margaritas or an ice cold Corona Beer with a wedge of lime. Desserts vary from Deep Fried Ice cream to Mexico's favorite sweet, Cajeta (Kah-HEH-tah), also Chocolate Tequila Bread Pudding and don't forget their house speciality, Sweet Potato Pie... made fresh in their kitchen, topped with a thick handmade whipping cream. BBQ Hut serves an all day breakfast starting at 8am, choose from American, Mexican, English or Thai breakfast. Try the popular 75 baht Cowboy breakfast or Huevous Rancheros Mexican style, you won't regret it. Cheap local prices, Good Food, what more could one want?

Open Daily: 8am - 12am midnight Price Range: B 50-250/person

Capacity: 60

Cocktails: Full bar outside, Wine list

Borsalino

Italian

Located in the Horizon Beach Hotel

64/39 Soi Kepsab, Patong Beach

Tel: 076-292-526

Ristorante Italiano

La Cucina Italiana Sul Lungomare Di Patong

Step inside Borsalino and take a culinary journey through Italy. Traditional authentic Italian cuisine recreated by our chef everyday. The old-fashioned flavor you will always remember. Borsalino takes pride in providing each guest with a genuine Italian dining experience. Our Italian master chef ensures Borsalino's quality and consistency. For the connoisseur's the restaurant boasts of a fabulous & extensive a-la carte menu and wine list. For the budget conscious our chef has created at least ten special set menu's for lunch & dinner at very reasonable prices (300 baht net only). (No additional tax or service charge). We have made authentic cuisine in a good & peaceful atmosphere affordable for regular dining".

**SOLO BORSALINO VI GARANTISCE L'ESPRESSAE
ORIGINALE CUCINA ITALIANA**

Open: 11:00-15:00, 18:00-23:00 Price Range: B 600 - 800/2 person

Capacity: 60

Cocktails: Full Bar, Wine Cellar

Do Mosquitoes Bite Some People More than Others?

The answer is yes, but the reasons are elusive and difficult for scientists to pinpoint. The pesky little insects are attracted to body heat and certain odors, including carbon dioxide, but these are traits possessed by all humans and animals. Recent research has shown that people produce unique smells. Apparently some of these smells attract mosquitoes and others tend to drive the little buggers away.

Da Maurizio Bar Ristorante *Contemporary Italian*

223/2 Prabaramee Road,

North Patong/Kalim (opposite Novotel Resort)

Tel: 076-344-079, 076-344-276

www.damaurizio.com

One of the most romantic locations on the island to dine. This unique restaurant is nestled just above a small beach, below Joes Downstairs and Baan Rim Pa with waves slapping the shore and rocks only a few feet from your table. Watching the sunset, sipping a glass of fine wine or a special cocktail whilst pondering over the superb menu is an experience not to be missed. Maurizio is an aficionado of the finest Italian cuisine and works closely with his executive chef to produce new and exciting dishes. Da Maurizio's has always distinguished itself from other Italian restaurants and the new contemporary menu lives up to its already firmly established reputation as a notch above the rest. From among the assortment of live fish and lobster, imported beef to homemade pasta and exotic salads. Of course, no meal at Maurizio's would be complete without a selection from their Wine Spectator Award winning cellar and a sampling of homemade desserts. Delicious food, a gorgeous sunset and the serenade of the surf makes this open air restaurant on Kalim Bay a must for any visit to Phuket. *Open: Daily from midday to midnight Award winning wine cellar*
Capacity: 100 and exotic cocktails

Grillhuütte

Restaurant / Guesthouse

144/3-5 Thaweewong Road, Patong Beach

Tel.: 076-341-456

Fax: 076-340-128

E-mail: info@grillhuetten.com

Serving our customers since 1983 with home cooked German-Austrian dishes as well as traditional Thai cuisine. Choose from over 100 dishes all prepared with the finest imported ingredients. Enjoy your meal with real German beer or Schnaps. Sample our Schweinshaxe, Kassler with Sauerkraut or Nürnberger Würste.

Feel home at our new Guesthouse (just across the old Restaurant). All rooms are very well decorated, with Air-condition, TV, Fridge and Safe. Only 100 m from the beach. Reasonable prices.

Fühlen Sie sich wie zuhause, in unserem Restaurant (seit 1983) oder in unserem neuen Gästehaus. Wählen Sie zwischen mehr als 100 Deutsch/Österreichischen Gerichten. Gemütlichkeit und Sauberkeit zeichnen uns aus.

Alle Zimmer in unserem Gästehaus sind sehr geschmackvoll eingerichtet und bieten Ihnen sämtlichen Komfort wie Klimaanlage, Fernseher, Kühlschrank und Tresor. Deutscher Besitzer.

What Makes Chili Peppers Hot?

The heat in Thailand's omnipresent chili peppers comes from capsaicin, a substance found primarily in the placenta of the pepper – the portion attaching the seeds to the pepper. If you scrape out the placenta, you can avoid much of the heat of the pepper. Contrary to popular belief, the seeds aren't the source of the heat.



Harry's

American/Scandinavian

Soi Patong Tower

Patong Beach

Tel: 076-340-418

We're lovers of tasteful food and drinks – but aren't we all? In our menu you will find a blend of the cuisines from all over the world – yet, it might be dominated by the touch of the Italian, American, Thai, and not to forget – Swedish cuisines.

Vi älskar god mat och dryck - men det gör vi väl alla, inte sant? Vår meny består av en mix från nästan alla kök runt om i världen - med en viss dominans från det Italienska, Amerikanska, Thailandska och inte minst – det Svenska köket. God spis, gott folk!

Open: 08:00 - 24:00

Price Range: B 90-450/person

Capacity: 120 (inside & outdoors) Cocktails: Beer, Wine, & Full Bar

Joe's Downstairs

New World

223/3 Prabaramee Road North Patong/Kalim

Tel: 076-618-245, 076-618-246

www.joesphuket.com

Joe's Downstairs was recently award the Hospitality Asia Platinum award 2008-2010 Best Casual Dining Restaurant. Located next to Baan Rim Pa it offers something completely different with its tropical crisp white modern décor, long white terrazzo bar and outdoor decking only a few feet away from the sparkling blue ocean with waves crashing on the rocks below. The chef Aaron Hooper was awarded "King of the Kitchen" and his New World cuisine menu offers a choice of Asian style Tapas and an exciting a la carte menu with fresh seafood, delightful salads, imported steaks and desserts accompanied by an excellent selection of wines from the superb wine cellar. Whether for a light lunch, afternoon or sunset cocktails or a place to spend the evening wining and dining....Joe's is the place to meet.

Capacity: 80

Cocktail & Wine Bar

Joy's Cafe & Guesthouse

Thai/International

5 Aroonsom Plaza, Hadd Patong

Tel: 076-344-770, 076-290-176, Fax: 076-344-769

Email: joyscafe@loxinfo.co.th Website: www.joyscafe.com

Yes, we have moved to our own premises located directly across from the Club Andaman Resort Hotel in Patong Beach, and what's more, we now have 14 air-conditioned rooms including fridge, hot & cold running water, SAT TV, only 2 minutes from the beach. Everything else has stayed the same - we still produce great homemade cooking at reasonable prices. Choose from a wide range of foods including: pastas, pizza, steaks, meat pies, and delicious Thai food. We still have the tastiest cheesecakes and cookies on the island as well as fresh baked breads daily. On Saturday night we still have our special BBQ. Everyone is welcome.

Open: 7:00 - 02:00

Price Range: B 200-250

Capacity: 40

Cocktails: Full Bar

Mamma Mia

Scandinavian/Steakhouse

Soi Patong Tower, Beach Road

Tel: 076-346125, 084-626-4528

www.mammamia-phuket.com

If you are looking for an evening of excellent food and drink in a relaxed and friendly surrounding, Mamma Mia is the place you have to visit.

Mamma Mia is a Scandinavian Restaurant and Steakhouse. In Mamma Mia you will find the very best imported steaks, tasty fish dishes, fresh seafood and a lot of Tex-Mex food. A specialty of theirs is the charcoal grilled kebabs. And if you want to eat local food they also have the traditional Thai dishes on the menu.

Mamma Mia Patong is located some 30 meters off Beach Road on Soi Patong Tower. A very quiet and friendly walking street leading up from the beach to the highest building in Patong, the Patong Tower. Mamma Mia Patong also have rooms for rent above the restaurant. If you want a room close to the beach in Patong to very reasonable prices you can speak with Jonas or someone in the staff. Mamma Mia Patong is opened every day between 3 pm and 11 pm.

Navrang Mahal

Indian

58/11 Soi Patong Resort

Bangla Road, Patong Beach

Tel: 076-292-280, 089-724-9561, 081-396-3159

Fax: 076-292-281

Navrang Mahal, meaning the "Palace of Nine Colors", offers you more than just a beautiful and rustic atmosphere in a quiet corner in Patong Beach. Where food is concerned, it can be nothing less than good, so Navrang Mahal offers it 3 times: must look good, smell good and taste good. You are served in "brass Katoris" keeping in with the Royal Mughal cuisine of bygone Emperors of India and Afghanistan. Both North and South Indian dishes are prepared fresh by our hereditary chefs. Some suggestions they proudly present: Navrang Korma, Paneer-e-Shola, Reshmi Kebab and many other mouth watering courses. Spices are added to suit individual tastes. Navrang Mahal, the best Indian Restaurant in Patong... Prove us wrong, or get happily surprised. For free pick up in Patong please call us.

Open: 11:00-23:30 daily Free Home/Hotel Pick Up or Delivery!

Capacity: 50 (air-con), 20 (outside) Cocktails: Full Bar

Paciugo

Bar-Gelateria

At the end of a small soi (Soi La Diva) off Rat-U-Thit Road

Just opposite the Electric Authority Bldg.,

Second location: Bangla Road, Patong Beach / Tel: 076-340-290

Since 1989, the first real Italian bar and ice-cream parlour in Phuket. Located in the heart of bustling Patong Beach, yet enjoying the relative tranquillity of a side plaza.

Come and enjoy the world renowned Italian home-made ice-cream, indulge yourself with a refreshing milk-shake, or just sip the best cappuccino you could dream of (we only use the best "Lavazza" blend).

Now with a second outlet, with in-loco production, just where the action is: in the midst of the notorious Bangla Road; with the additional offering of crispy crepes to satisfy your hunger.

Laid back, yet classy, atmosphere; reasonable prices.

Open: 10:00 - 02:00 daily

Rottehullet / Victor R

Danish/Thai

95/14 Soi Bangla Square, behind Monte Carlo / Tel: 086-941-8052

Rottehullet, formerly located in Soi Sunset, has now moved to a more central location in Soi Viking/Bangla Square off Bangla Road, almost in the heart of Phuket's prime entertainment area. As before, always a guarantee of a good time, and now, a good meal as we have expanded to include a restaurant and guest rooms.

Open: 11:00 till late

Capacity: 40

Cocktails: Full Bar/Wine

THE 9th FLOOR bar & restaurant

Mediterranean / Specialties

47 Rat-U-Thid Rd. Patong, Sky Inn Condotel

for reservation 076-344-311 (after 4pm) / www.the9thfloor.com

The fully renovated restaurant now features sliding floor-to-ceiling glass windows so THE 9th FLOOR restaurant & bar is the highest open restaurant in Phuket.

It continues its passion for high quality food with some alpine specialties in a contemporary setting. Enjoy the sunset and refreshing sea breeze with cocktail high over Patong.

The well-trained and friendly staff will help you choosing the perfect dinner in a relaxed atmosphere.

The extensive wine list is with more than 150 different wines one of the biggest in Phuket. The selections come from all major wine regions. Only from one country is the large Cuban Cigar selection.

Open: daily 4pm until late

Price Range Food: 190 - 1,500 Bht.

Capacity: 70

Price Range Wine: 990 - 20,000 Bht.

Full Bar and Cocktails / Large Cuban Cigar

THE 9th FLOOR bar & restaurant

Mediterranean / Spezialitäten

47 Rat-U-Thid Rd. Patong, Sky Inn Condotel

fuer Reservationen 076-344-311 (ab 16 Uhr) / www.the9thfloor.com

Mit seinen vollständig zu öffnenden Glas Schiebe Fenstern ist das komplett renovierte THE 9th FLOOR restaurant & bar das höchste offene Restaurant in Phuket.

Die Leidenschaft für qualitative, hochstehende Mediterrane Speisen mit einigen alpenländlichen Spezialitäten findet in einem modernen Ambiente seine Fortsetzung.

Geniessen Sie den Sonnenuntergang bei einer frischen Brise und einem Cocktail hoch über Patong. Die gut ausgebildete und freundliche Belegschaft hilft ihnen den perfekten Abend in einer entspannten Atmosphäre zu genießen. Die ausführliche Weinkarte mit über 150 Weinen gehört zu den grössten in Phuket. Es findet sich darin eine Auswahl aus den renomiertesten Weinregionen der Welt.

Aus nur einem Land kommt das auserwählte Kubanische Zigarrensortiment.

Offen: täglich ab 16 Uhr bis späht

Preise Essen: 190 - 1,500 Bht.

Plaetze: 70

Preise Weine: 990 - 20,000 Bht

Komplettes Bar Angebot und Cocktails / Grosses Zigarrenangebot von Kuba

**Honey is one of the
oldest culinary treasures
known to man. In Rome,
Honey was a sign of wealth
and a symbol of happiness.**



The Coffee Club

Cafe

Turtle Village, Mai Khao Beach

Jungceylon Shopping Centre, Patong Beach (Opening Feb 2010)

Tel: 076-314-805

Facebook - The Coffee Club Thailand

Twitter - @thecoffeeclubth

Good Food : Great Service : Excellent Coffee

Australia and New Zealand's favourite cafe brand is now in the land of smiles. The Coffee Club Cafe Bar Restaurant has something for everyone: with an extensive menu of western dishes such as pasta, all day breakfast, steak and sandwiches, as well as tasty Thai dishes from 89 Baht.

*Open : From 7 am for breakfast, lunch, dinner, coffee & cake.
No Service Charge.*

The Famous OLD DUTCH (since 1993)

*Dutch / Thai /
Café/Restaurant/Heineken House/
International*

Patong Resort Tower Arcade

Tel/Fax: 076-341-380

This authentic Dutch café/restaurant is most likely exactly how the late Freddie Heineken would love it to be. Without any doubt the Face of Heineken in Phuket and definitely the best place to enjoy this world famous Heineken beer.

Refreshingly cold and straight from the keg, it makes you order Heineken again.....and again...and again!!!

Served by our well-trained and friendly staff that hand you drinks with love and care. From 55 baht for a small size glass up to, amazingly, just 120 baht for a big, 1/2 liter, let this cool Heineken freshen you up. To drink it is to Love it!!

Visit our beautiful and relaxing terrace located in what is widely regarded as the most peaceful and pleasant street in Patong.

Enjoy our excellent service and delicious prepared food or just sit back, sip your drinks and relax. Listen to some quality music played at normal volume and enjoy the atmosphere.

Steaks, chicken satay, Shoarma dishes, snacks, and sandwiches are served.

Our local cooks can prepare you some exotic Thai dishes, as well. Enjoy our promotional discounts: HEINEKEN bottle 80 Baht, SINGHA bottle 70 Baht, CHANG bottle 70 Baht.

Make every hour of your holiday a happy hour; let us welcome you at "The Famous OLD DUTCH".

Hét trefpunt voor Nederlanders op Phuket!! Dagelijks de Telegraaf ter inzage.

Verse koffie of een koud Heineken biertje van de tap.

Nederlandse tijdschriften, Douwe Egberts koffie, Heineken tabier, Bitterballen, Biefstuk, Sate, Kroketten, Broodje Bal, Shoarma, Belegde broodjes. En Frikandellen.

U Bent van Harte Welkom in Café/Restaurant/Heineken House
"The Famous OLD DUTCH"

Viva Mexico

Mexican

80/15 Taweewong Rd., Patong Beach

Tel: 076-346-065

Patong's first and finest Mexican restaurant serving authentic Mexican cuisine. Try our homemade (prepared with only the finest ingredients): nachos, guacamole, corn or flour tortillas, enchiladas, etc., or simply choose from one of our combination plates. Special vegetarian dishes are also available plus we serve Breakfast. Enjoy one of our fresh fruit Margaritas (glass or pitcher) or the best Pina Colada in Patong. Sit in our air-conditioned restaurant, or outside on our patio, and enjoy our Mexican cuisine. VIVA MEXICO!!

Open: 08:30 - 23:00

Price: B 400-500 / 2 persons

Capacity: 32

Cocktails: Full Bar

White Box restaurant Mediterranean & Asian Modern

247/5 Prabaramee Rd., Patong, Kathu, Phuket, Thailand

Reservation:

By telephone: 076-346271

By email: rsvp@whiteboxrestaurant.com

Website: www.whiteboxphuket.com / www.whiteboxrestaurant.com

Private driver service:

White Box restaurant provide a complimentary pick up service.

Please call: By telephone: 076-346271

By email: rsvp@whiteboxrestaurant.com

White Box is a vibrant mix of high class eatery, and cool music lounge, resting on the sands of Kalim beach, just North of Patong. Elegant white décor with splashes of blue reflect its proximity to the ocean, and the minimalist style makes for a relaxed, uncluttered feel.

The roof top lounge bar is the ideal place to unwind whilst watching the sun set over Patong Bay, and a haven in which to chill out, listen - and perhaps dance - to the music after a gourmet dinner. Their fully stocked bar offers a delicious assortment of cocktails, spirits, wines and Champagnes.

Dinner can be taken inside, or al fresco on the terrace lodged on the beachside rocks. Select a wine from the comprehensive list, or go down to the wine room and pick out a bottle yourself, from their beautifully appointed cave. White Box has international chefs and the cuisine is predominantly Mediterranean, using the finest local and imported ingredients, with a hint of contemporary Thai style in the presentation. Complimenting the European culinary influences on the menu, are Thai dishes prepared and presented the traditional way.

Come to White Box for dinner, or drinks at the bar, or be welcome to spend the whole evening enjoying the complete dining experience.

Details: Outdoor Dining Terrace / Indoor A/C Dining Area - Private Room - Parking Space - Private Driver Service - Wine Cellar - Roof Top Lounge - Live Jazz & Dj

Open Daily: 5 pm until 01am

Price Range Food: B 280 - 1,500

Open Sunday for Buffet Lunch

Price Range Wine: B 1,100 - 20,000

Seven Guidelines For A Healthy Diet



- Eat a variety of foods
- Maintain ideal weight
- Avoid too much of fat and cholesterol
- Avoid too much of sugar
- Eat foods with enough starch and fibre
- Avoid too much of sodium
- Drink alcohol in moderation

**mom
tri's**

OASIS

The newest beachfront
dining venue from
Mom Tri

Oasis On the Sea
Restaurant

Oasis Spring
Tapas Bar
enjoy Live Music

Red + White
Wine Shop



Open daily 10:30 - 23:30 hrs
Happy Hour 18:00 - 19:00 hrs

Located directly on Kata Beach
Adjacent to the Boathouse
184 Kaktanode Rd, Kata Beach, Phuket

076 330 423 info@momtriphuket.com
www.momtriphuket.com

Kata and Karon beaches are another world away from Phuket's party town, Patong Beach. Beautiful white sandy beaches, relaxed and easy going, tropical and idyllic are the words that could be used to describe them. Kata and Karon have a great selection of restaurants from which you can choose and the food is truly delightful. If you're staying in the area then don't hesitate to use our guide to help you find places to dine out. ☺

Welcome to

KATA-KARON



Locanda

Free
Transportation to
Locanda from anywhere
in Kata - Kata Noi - Karon

WINE & GRILL SLASH THAI CUISINE

A cosy place
Imported meat, Charcoal BBQ
A wine cellar with a
wide range of wines
at very reasonable prices

- Award from Thailand Tattler
Best Restaurant 2005
- The best gourmet restaurant,
Bangkok Airways Magazine



Excellent steaks & wine
Delicious Thai cuisine



Locanda
@

**BOUGAINVILLEA TERRACE
HOUSE RESORT**

FOR RESERVATIONS, PLEASE CALL:
Tel: 076-330-087 or 076-330-139

86 Patak Road, Kata-Karon
www.locanda-phuket.com

OUR SIMPLE SECRETS:

- USE TOP QUALITY INGREDIENTS
- PREPARE THEM WITH CARE
- SELL AT LOW FAIR PRICES
- NORSEK - AMERICAN CHEF



KARON CAFE'

SINCE 1989, THE FIRST STEAK-HOUSE IN KARON BEACH,
FRESH IMPORTED BEEF AND INTERNATIONAL CUISINE IN A
COMFORTABLE CASUAL ATMOSPHERE.

LAS MARGARITAS

TROPICAL CUISINE

SPECIALIZING IN MEXICAN, THAI,
MEDITERRANEAN AND
CALIFORNIA CUISINES ENJOY
THE BEST FAJITAS IN PHUKET
WITH A LITER OF FROSTY
MARGARITAS OR FILET MIGNON
WITH CHILI BEARNAISE SAUCE
WITH A BOTTLE OF RED OR
SEAFOOD VERACRUZ WITH A
BOTTLE OF WHITE.



THE
DINING
ROOM

at
Pacific Club

Pacific Club Resort

Super Rooms Super Food
Great Prices Great Quality



www.Karon-Beach-Hotel.com
+66-(0)76-398-350/2



S. PELLEGRINO

SPARKLING NATURAL MINERAL WATER



VANICHWATHANA (BANGKOK) CO., LTD.
#1 Anuwong Road, Bangkok 10100 Thailand
Tel: (662) 2248045 Fax: (662) 2248047
E-mail: vanich@vanichwathana.com

KATA/KARON

Bellman's

Steakhouse/Pizzeria

16,18 Luang Poh Chuain Rd., Karon, Muang, Phuket 83100

Restaurant Karon Beach

Tel: 076-286-245

100/30-31 Kata rd., Karon, Muang, Phuket 83100

Restaurant Kata beach

Tel: 076-330-335

We on Bellman's welcome you to our highly recommended Restaurants in Karon and Kata. Our Goal is to give the guest dignified prices, delicious and excellently presented food. We have a broad menu that fits all nationalities and of course ourselves Scandinavians. Our cuisine is international and of course Scandinavian specialties, pizza and delicious Thai food all this made by our experienced Swedish Chefs along with our proficient Thai personnel. Our Swedish restaurant managers works in order to make our guest enjoy themselves and can help you if you have special requests.

Price Range: B 90 - 490 /person

Bellman's

Steakhouse/Pizzeria

16,18 Luang Poh Chuain Rd, Karon Beach 83100

Restaurangen Karon Beach

Tel: 076-286-245

100/30-31 Kata rd., T.Karon, Muang, Phuket 83100

Restaurangen Kata beach

Tel: 076-330-335

Vi på Bellman's Välkommna er till våra Högt rekommenderade Restauranger i Karon och Kata. Vi har en trevlig atmosfär som snabbt ger en familjär känsla. Vi på Bellmans vill ge gästen prisvärdig, utsökt och fint presenterad mat till de som verkligen uppskattar mat. Vi har en bred meny som passar alla nationaliteter och naturligtvis oss skandinaver. Vårt kök serverar internationella rätter, skandinaviska specialiteter, pizza och utsökt Thaimat tillagade av våra erfarna svenska kockar. Tillsammans med vår duktiga thailändska personal och våra svenska restaurang manager arbetar vi för att gästen ska trivas hos oss.

Price Range: B 90 - 490 /person

Harrys Restaurant

Scandinavian/American

15/5 Luangpohchuan Road

(Opposite Phuket Orchid Resort)

Karon Beach,

Tel: 084-0165890, 081-6760871, 076-398258

Website: www.harrys.se/karon, karon@harrys.se

Harrys Restaurang i Karon erbjuder dig som semesterfirare en bred internationell meny. Maträtter med noga utvalda råvaror tillagas med omsorg av såväl svensk som thailändsk personal. Menyn består av Oxfile, fläskfile och biff - stekar, ribs, mexikanska rätter, hamburgare, sallader, pastarätter, pizza, fisk och skaldjursrätter, thailändska rätter, svenska rätter och desserter. Harrys barnmeny innehåller bland annat favoriterna spaghetti med köttfärs, köttbullar med potatismos samt pannkakor med jordgubssylt. I Harrys populära lekhörna visar vi tecknad film varje kväll. Restaurangen inrymmer ca 150 sittplatser inomhus (långbord finns för större sällskap), bar med drinkmeny, en mindre golfshop samt en mysig uteservering med plats för ca 70 personer.

Welcome to Harrys Karon Beach! In our menu you will find a blend of the cuisines from all over the world - yet, it might be dominated by the touch of the American, Thai, and not to forget - Swedish cuisines. All our steaks are imported and prepared by our Swedish chefs.

Kitchen Open: 12:00 - 23:00

Price Range: B 80 - 695 / person

Capacity: 170 (inside & outdoors)

Cocktails: Beer, Wine, & Full Bar

Horn Grill Steakhouse

International/Thai

2/37 Kata Plaza

next to Siam Commercial Bank, Kata Beach

Tel: 076-285-173

A contemporary country-style décor steakhouse and restaurant. Offers a broad selection of gourmet dishes from excellent imported beef and lamb steak to international and authentic Thai cuisine.

Located in the heart of Kata beach with a casual indoor, outdoor, or garden setting, the Horn Grill offers a combination of warm hospitality and exceptional services making for a most satisfactory dining experience.

Selecting a bottle of wine from an impressive list of award-winning wines to go with your tasty steak is an ideal way to top off your excellent meal.

Complete your dining with a choice of home-made dessert such as caramel cream custard, waffle, or apple pie with custard. Discover for yourself why people keep coming back here.

Open Daily: 11:00 - 23:00

Karon Café Inn & Restaurant

Steakhouse Style

526/17 Patak Road, Karon Beach

Soi Islandia Park Resort

Tel: 076-396-217, Fax: 076-398-349

E-mail: reservation@karon-beach-hotel.com

Website: www.Karon-Beach-Hotel.com

Since 1989, at the first Steakhouse in Karon Beach, Norsk Chef Eric has been serving up Charbroiled steaks using top quality Air-flown (never frozen) Australian and US beef. Karon Café also offers over 30 International full-course dinners including: Tamarind-Orange Duck, Tatiara Mint Lamb, Mexican Chicken, Tasmanian Salmon Béarnaise, USA B-B-Q SPARERIBS, and more. All full dinners include:

FREE "ALL YOU CAN EAT" SOUP AND SALAD BUFFET

In addition to the full dinner menu, Karon Café offers over 75 appetizers, soups, salads, sandwiches, pizza, pasta, breakfast, and Thai dishes to satisfy your every desire at a price you can always afford.

The comfortable style, semi al fresco dining room is freshly decorated with large trees and fully ventilated with a background of soft contemporary Jazz music.

Try Karon Café first and you will always return.

Open: 06:30-23:30

Dinner Price Range: B200 - 595 /person

Capacity: 80

Cocktails: Beer, Wine, Full Bar

Las Margaritas Grill & Cantina *Tropical Cuisine*

528/7 Patak Road, Karon Beach

Soi Islandia Park Resort

Tel: 076-396-217, Fax: 076-398-349

E-mail: reservation@karon-beach-hotel.com

Website: www.Karon-Beach-Hotel.com

This sister restaurant of the world renowned Karon Café opened in 1998 serves "Tropical Cuisine" specializing in Mexican, Thai, Mediterranean, and California cuisines. Try Seafood Vera Cruz, Filet Mignon w/ Chili Béarnaise sauce, or New York Strip loin cooked Grilled Pepper Balsamico style.

FREE "ALL YOU CAN EAT" SALAD BUFFET

BEST FAJITAS IN PHUKET

The comfortable Spanish Mexican style dining room is freshly decorated with large trees and fully air-conditioned with a background of soft tropical music.

Try Las Margaritas first and you will always return.

Open: 06:30-23:30

Dinner Price Range: B199-399 per person

Capacity: 45

Cocktails: Beer, Wine, Full Bar

Locanda, Wine & Grill/Thai Cuisine **Churrasceria B.B.Q. Grill**

At Bougainvillea Terrace House Resort

86 Patak Road, Kata-Karon, Phuket 83100

Tel: 076-330-087, 076-330-139, 076-285-250-1 Fax: 076-330-140

Email: locanda@procom.in.th

Website: www.locanda-phuket.com

Experience the art of fine dining in one of Kata Beach newly renovated open air, Argentinean style grill restaurant.

Top selection of imported and local grain fed beef, minimum six weeks aged, as well as daily fresh seafood and Thai food are only a few items of Locanda's extensive food selection. .

Start your dinner at Locanda's air conditioned wine cellar with a glass of one of our wide range old and new world wines at very reasonable prices.

Until late, chill out at our pool side bar and enjoy one of your favorites after hour drinks.

Erleben sie "fine dining" in höchster Qualität, in unserem kürzlich renovierten open-air Grill Restaurant im Argentinischen Stil.

Wir sind bekannt für bestes importiertes Rindfleisch, welches minimum vier bis sechs Wochen gelagert ist. Täglich frischer Seafood und eine reiche Auswahl an Thai Gerichten sind nur ein Teil unseres reichhaltigen Angebots.

Beginnen sie ihr Diner in Locandas klimatisierten Weinkeller und geniessen sie ein Glas unseres enormen Weinangebots zu äusserst fairen Preisen.

Zum Abschluss sollten sie sich an unserer Pool-Bar zu einem Drink oder Cocktail verführen lassen. Südamerikanische Chill-out Musik lädt ein bis spät in die Morgenstunden.

! FREE PARKING OR PICK-UP SERVICE WITHIN KARON AND KATA-NOI!

Open daily: 7:00 - until late

Price Range: THB 110-680

Capacity: 100

Cocktails: Beer, Wine, & Full Bar

Mom Tri's Boathouse Regatta Gourmet Mediterranean **at Royal Phuket Marina & Thai**

63/302 Moo 2 Thepkasatri Road, Kohkaew Muang, Phuket 83200

Tel: 076-360-855 or 076-330-015

Fax: 076-360-856

E-mail: regatta@boathousephuket.com

Website: www.boathousephuket.com www.momtriphuket.com

Mom Tri's Boathouse Regatta is the Boathouse's new restaurant at Royal Phuket Marina, Phuket's elegant and stylish marina. Maitre Cuisinier de France Jean-Noël Lumineau and Chef Tummanoon Punchun created a menu including many of the Boathouse's favourite dishes. Right next to the boardwalk of the Royal Phuket Marina it is open daily except on Tuesdays. On Thursdays and Saturdays there's a 3-course gourmet menu (including coffee or tea) available for 1,000 Baht net. Also these evening live Bossa Nova music with Sioni & Dennis from 19:00.

Open: 11:00 - 23:00 (Closed on Tuesdays)

Capacity: 70

Where are the Knives?

Visitors to Thailand are often surprised to discover that they are only given a fork and a large spoon when they sit down at a table to eat. Knives are a rarity in Thai restaurants as the food is cut into bite sized pieces before being cooked. Thai etiquette requires eating with the spoon after food has been pushed onto it with the back of the fork.

Mom Tri's *Gourmet Mediterranean & Thai* **Boathouse Wine & Grill**

182 Koketanode Rd., Kata Beach, Phuket 83100

Tel: 076-330-015, Fax: 076-330-561

E-Mail: fb@boathousephuket.com

Website: www.boathousephuket.com, www.momtriphuket.com

Directly on Kata Beach with a panoramic view of the bay, the internationally acclaimed Boathouse Wine & Grill is the most fantastic place on the island for sunset cocktails in the seafront lounge followed by a romantic dinner in its open-air restaurant. Maître Cuisinier de France Jean-Noël Lumineau and Chef Tummanoon Punchun have devised a superb Mediterranean, Seafood and Thai fine dining menu. The Boathouse is the first and only establishment in Thailand to have won the Wine Spectator "Best of Award of Excellence" since 2006. Its award-winning wine cellar lists over 750 labels of the world's finest wines.

A selection of 26 quality wines, including Champagne, Sparkling wines and Port is also available by the glass.

The restaurant has an elegant, atmosphere and the personalised service is friendly and attentive.

Happy Hour from 17:00 – 19:00 with 50% discount on beverages except wine and Champagne.

Thai Cooking Classes every Saturday & Sunday with Boathouse Executive Chef Tummanoon from 10:00 – 14:00 including lunch.

Reservation is recommended: 076-330-015.

Open 07:00 – 23:30

Capacity: 150

Mom Tri's Kitchen *European & Thai*

12 Kata Noi Rd., Kata Noi Beach, 83100

Tel: 076-333-568 Fax: 076-333-001

E-mail: fb@villaroyalephuket.com

Website: www.villaroyalephuket.com

Enjoy fine dining in an award winning restaurant overlooking Kata Noi Beach. Panoramic sea views combined with the sound of the waves below create a peaceful, sensually indulgent and romantic setting.

European favourites and Thai dishes are served either on the open-air terrace, covered patio or Thai sala. An exuberant menu offers delicious creations from talented executive Chef Sura. Popular dishes include hot crab soufflé, tuna carpaccio, and Angus beef tenderloin.

Mom Tri's Villa Royale is the winner of the Wine Spectators Award of Excellence for 3 years in a row and has over 350 labels including an extensive organic wine list and 16 wines by the glass.

Situated on the only road into to Kata Noi, the entrance can easily be found on the hill between Kata Beach and Kata Noi Beach. Open from 6:30 am to 11:30 pm, reservations are recommended.

Open: 6:30h - 23:30h

Price Range: B 220-790

Capacity: 60

**Although we have spared no
efforts in compiling information
in this book, we will not be
responsible for any
errors or omissions.**

Mom Tri's Oasis

Mediterranean

184 Koltanode Road, Kata Beach, 83100

Adjacent to Mom Tri's Boathouse.

Tel: 076-330-423

Email: info@momtriphuket.com

Website: <http://www.momtriphuket.com>

Beachfront dining becomes a whole new experience at this tropical, sophisticated and yet relaxed setting which enjoys gorgeous panoramic sunset views from the restaurant and a **live jazz trio** every night starting at 19:00h in the tapas bar.

Mom Tri is well known by his reputation for the finest food and wine in Phuket; 2 of his other restaurants in Phuket have continuously won Wine Spectator Awards.

Choose lighter fare from the Oasis Spring Tapas Bar or casual beachfront dining at the Oasis On The Sea Restaurant.

Oasis Spring Tapas Bar offers glazed scallops, samosas, and goat cheese meatballs. Sandwiches include steak or chicken and generous salads have seared tuna, seafood or Mediterranean chicken.

Oasis On The Sea Restaurant offers some original dishes such beetroot soup with peach-chilli honey sorbet or a generous portion of seared tuna spring rolls. Classics include beef tenderloin with chunky chips and braised lamb shank with caramelized onion mashed potatoes.

Both venues have a good selection of vegetarian options.

June Specials: crab and goat cheese ravioli, soft shell crab and grilled tiger prawn served with lemongrass risotto and a crab mascarpone and tomato tart.

Happy hour in the Oasis Spring Tapas Bar offers 50% off all drinks from 18:00 – 19:00h (except wine & Champagne).

Free wireless is also available throughout the restaurant.

Open from 10:30 am – 22:30pm daily Price range: 100 baht – 950 baht

Capacity is 121 including the tapas bar and restaurant

Cocktails: beer, draft beer, cocktails and a wine list with 200+ wines

Navrang Mahal

Indian

Karon Sea Sands Resort & Spa

208/2 Karon Beach Rd., Karon

Tel: 076-286-464, Fax: 076-286-457

E-mail: info@karonseasand.com

Website: www.karonseasand.com

After 14 successful years of serving the real taste of India at Navrang Mahal in Patong, we recently opened our new Navrang Mahal Indian restaurant at Karon in Karon Sea Sands Resort & Spa. Restaurant is set amidst beautifully landscaped surroundings offering a relaxed and open atmosphere. Food at the restaurant is befitting the good repute we have earned over years for serving authentic Indian food. The art in Indian cookery lies in the delicacy of the spicing. In order to be able to satisfy all our patrons, we offer different levels of spicing for almost all of the items on our menu.

Please do not hesitate to consult your knowledgeable and friendly chef to familiarize you with the various levels of spicing and also assist you in the selection of menu. You are served in "brass Katoris" keeping in with the Royal Mughal cuisine of bygone Emperors of India. All dishes are prepared fresh by our hereditary chefs. Some suggestion they proudly present: Murg Malai Tikka, Boti Kebab, Paneer Pasanda, Mutton Vindaloo and many other mouth watering dishes. With our courteous and attentive service it is our endeavor to make your food experience a memorable one and hope that it will leave you with a desire to come back, again and again.

We are also pleased to let you know of our newest addition, PASTA & NOODLE... Karon. That is located on Luang Pho Chuan Rd., Soi Sunset, Karon.

Open: 12.30 - 15.00 & 18.30 – 23.00

Closed for lunch on Monday & Tuesday

Entertainment: D'Love Filipino Band (Dinner) Cocktails: Full Bar

The Cliff Restaurant

Mediter-Asian Cuisine

Centara Villas Phuket, 701 Patak Rd., T. Karon, A. Muang, Phuket 83100

Tel: 076-286300 – 9 Fax: 076-286316

Email: cvp@chr.co.th

Website: www.centarahotelsresorts.com

The Cliff is a lifestyle restaurant offering stunning views of the Andaman Sea. It features a creative Mediter-Asian menu with emphasis on fresh products and creative presentation.

Signature dishes include "Escalope of Red Snapper", "Rock Lobster Tails", "Creamy Seafood Chowder" and "Oven Baked Lamb Rack".

Open daily: 18:00 – 23:30

Price Range: B 600 to 2,000

Capacity: 70 persons

Fully Licensed

All Major Credit Cards welcome.

The Dining Room

International

at the Pacific Club Resort

located up the hill behind The Front Village, Karon Lagoon, Karon

Tel: 076-398-350

Website: www.pacific-club-phuket.com

Since 1989, at Karon Café, the first Steakhouse in Karon Beach, Norsk-American Chef Eric has been serving up Char-Broiled steaks using top quality Air-flown (never frozen) imported beef.

Now, 18 years later, he has combined all his experience and customer feedback into putting together a menu at The Dining Room that goes beyond pleasing even the demanding 5-star crowd. From succulent lamb chops, spicy Indian Masala, and sizzling Mexican favorites to fresh seafood, rich home-made pasta dishes, and traditional Thai cuisine, there is something amazing for everyone.

Why not add to the experience and enjoy your food and drink by the pool up on the roof overlooking the north end of Karon Beach.

Although, it's only a 6 minute walk from Karon Café' to Pacific Club and "The Dining Room", please feel free to call or stop by Karon Café' to request free transport to Pacific Club.

Open Daily: 06:30 - 23:30

Price Range: B200-600/person

Capacity: 80

Cocktails, Wine, Beer

Two Chefs Bar & Grill

International

South Kata Beach, opposite The Boathouse, Tel: 076-284155

Kata Center, opposite Hotel Peach Blossom, Tel: 076-330065

Karon Beach, next to Karon Café, 076-286479

Website: www.twochefs-phuket.com

Billy, Henrik and Krister welcome You to a great new season with Two Chefs and offers international classics, Scandinavian specialties and of course, delicious flavors from the Thai cuisine. Enjoy a relaxing evening in Two Chefs and don't forget to check out our extensive wine list with enjoyable drops in every bottle.

Billy, Henrik och Krister välkomnar Dig till en ny säsong på Two Chefs och har nöjet att erbjuda läckra internationella rätter, givetvis skandinaviska specialiteter, och utsökta smaker från det thailändska köket. Allt under ledning av erfarna svenska kockar. Glöm inte att ta en titt i vinlistan som gömmer smaker för alla.

Open Daily: 11:00 - 24:00

Price Range: B 89-595



Speaking THAI

If you fancy the challenge of tackling the Thais in their own lingo, here are a few starters to help you get going. Remember that all sentences and phrases should be finished with the correct polite ending.

For a woman the end-word is "...Kha",
for a man it is "...Krab".

Phom	I, me (male)	Khao	He, she, they
Chan	I, me (female)	Rao	We

Greetings & Pleasantries

Sawatdee krab (kha)	Hello/goodbye (General greeting)
Sabai dee reu krab (kha)?	How are you?
Sabai dee krab (kha)	Fine
Kaup khun krab (kha)	Thank you
Koh toad	Excuse me
Khun cheu arai?	What is your name
Phom (chan) cheu..	My name is...
Kow jai mai?	Do you understand?
Kow jai	(I, we) understand
Mai kow jai	I don't understand
Pood Thai mai dai	I can not speak Thai
Mai pen rai	Never mind
Ow...	(I) want...
Mai ow krab (kha)	I don't want
... yoo tee nai?	Where is ...?
Meua rai?	When?
Wan nee	Today
Meua wan nee	Yesterday
Phom (chan) raak khun	I love you

Some useful words for the Restaurant:

Koh... duay krap (kha)	Please bring...
Rai gaan a-harn	Menu
Check-bin	Bill
Ped	Spicy
Mai ped	Not spicy
A-roy!	Delicious!

Getting Around

Public Transport does exist in Phuket; however, it does not adhere to regular schedules as it does in most western countries, making the Tuk Tuk (Thai mini taxi) the most common way to get around the island.

Tuk Tuks operate in all the beach centers and depending on your negotiation skills - will charge from 35 Baht to 1,000 Baht depending on the distance. Open air buses are cheaper, however, they only travel from the beach centers to Phuket Town itself.

A more flexible way to get around is to hire a car or Suzuki jeep - which brings out another problem - most of the cars or jeeps for hire on the roadside are not insured. If you do hire a car or jeep we strongly recommend that you do so through a reputable car hire firm such as Budget, Avis, Hertz or Viva.

Motorcycles are readily available and easy to hire in Phuket. However, they will never be insured and with the accident statistics in Phuket as high as they are, we strongly recommend that you resist this temptation.

No.	Destinations	Fare
1.	Buses from Beach Resorts to Phuket Town	35-50 Baht
2.	Tuk Tuk between Patong & Karon	300-400 Baht
3.	Tuk Tuk between Patong & Phuket Town	500-600 Baht
4.	Tuk Tuk between Patong & Kata	350-400 Baht
5.	Tuk Tuk between Karon & Kata	300-350 Baht
6.	Tuk Tuk between Kata and Phuket Town	400-500 Baht
7.	Tuk Tuk or Car rental from Patong to Airport	700-1,000 Baht

Note: These are the recommended fares only and the price you pay is dependent on each individual driver. For tourists, in case you are going to rent a motorbike, please keep your license with you at all times and wear a helmet or else the police will charge you more than 300 Baht for illegal driving.

Important Telephone Numbers

POLICE

Police	191
Tourist Police	1699
Marine Police	076-211-883
Fire	199

HOSPITAL

Bangkok Phuket	076-254-421-30
Kathu Hospital*	076-340-444
Mission Hospital	076-212-386
Phuket International	076-249-400
Phuket Recompression Chamber	076-342-518
Phya Thai Phuket	076-252-702
Wattana Clinic	076-340-690

***Only for Minor Injuries**

Around The Island



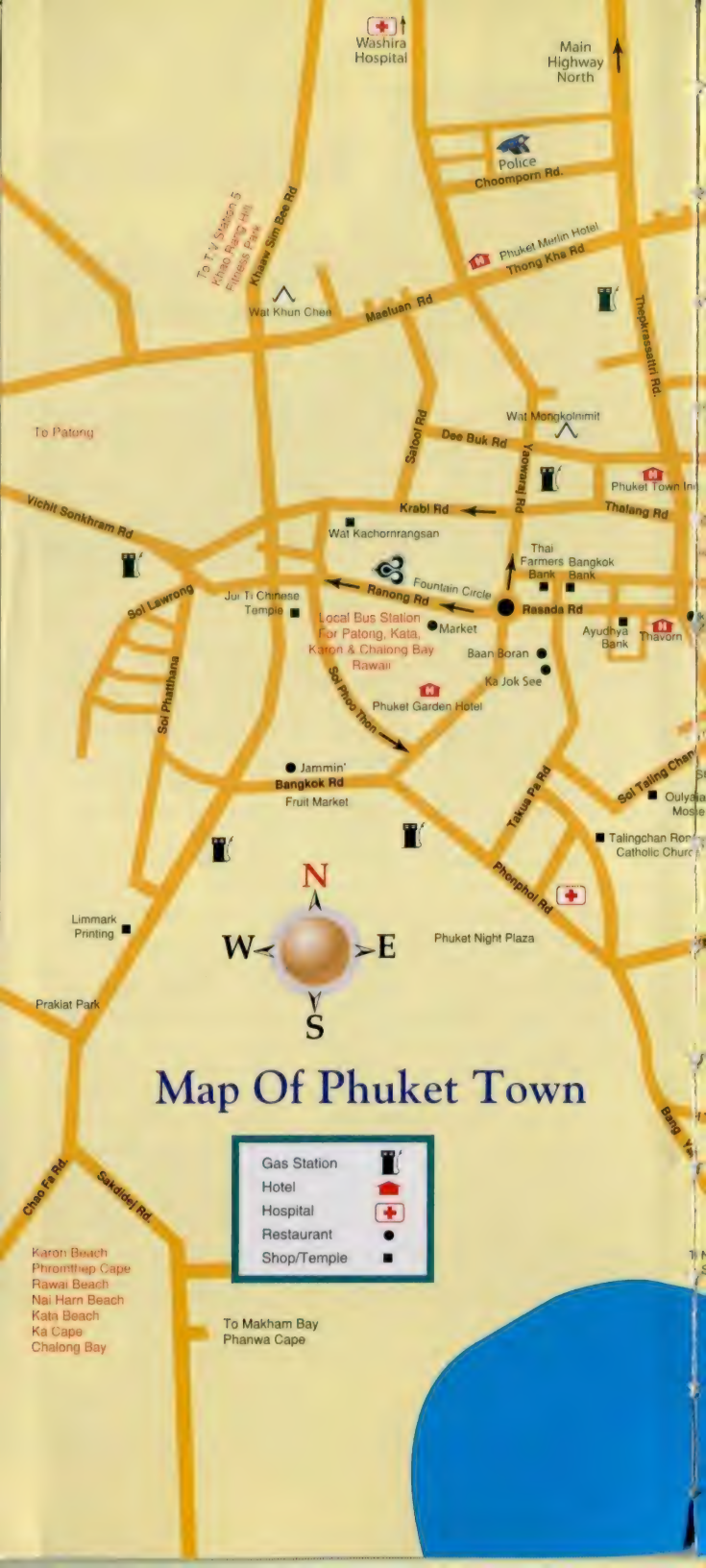
Old China Town

A journey around the island taking along the west coast road would allow you a great view of superb beaches such as Bang Tao, Kamala, Patong, Karon, Kata, Nai Harn and Rawai. A final fitting to a day visiting some of the most picturesque beaches in Thailand would be to see the sunset at Cape Promthep located at the island's extreme southwest point. The Cape offers a superb view of the Andaman sea and a few offshore islands.

Coming in towards Phuket Town from Rawai, you could stop off and visit the Chalong Pier where you can see hundreds of yachts and boats in the calm waters of Chalong Bay. Driving a little further on in Chalong you could visit the most revered temple in Phuket, Wat Chalong.

Ten minutes drive further will take you into Phuket Town. Phuket Town offers a great mixture of new and old influences. Sino Portuguese architecture is evident in the landmark buildings as you walk down Thalang Rd. towards the center of town. If you're in the mood for some respite from the mid day sun then a visit to Khao Rang Hill is in order. From here the view is outstanding. Cool shady trees provide shelter from the sun allowing you to gaze out at the sprawling metropolis that is Phuket. You can see the whole Town, tranquil Ma'kam Bay and the turquoise, turtle-shaped island in the distance.

Up north through Thepkrassatri road is the Heroines monument. Here you can learn the great history of Chan and Mook. These pair of heroines are famous for rounding up the island's women, dressing them as soldiers and scaring off a Burmese invasion in 1785. Further up from the monument is the Ton Sai waterfall and just few kilometers away is Bang Pae waterfall. These beautiful falls are surrounded by orchids and exotic birds in the Khao Phra Taew National Park. ☺





Wat Charoensamanakij

Tennis Courts

Toh See Rd.

Damrong Rd

Sukhum Rd.

Wat Wichtsangkham

Monetary Office
(Bank of Thailand)

Narai Rd.

Luang Poh Wat Chalong

Montree Hotel

Vanich Plaza

Phuket Bus Station

Weekend Market

Sol Surin 1

Sol Surin 2

Post and
Telegraph Office

Phang Nga Rd

Honda

To Boat Yard
Koh Sirey
Sea Gypsy Village
Boats to Phi Phi Islands

Pearl Hotel

Phuket Royal
City Hotel

Tiok Uthit 2 Rd

Crocodile Farm

Metropole Hotel

Chana Charoen Rd.

Thavorn Grand
Plaza Hotel

Tiok Uthit 1 Rd

Thavornwongwongse Rd.

Ong Sim Phye Rd

Robinson &
McDonalds

Wat Thavorn Kugaram

La Gaetana

Bang Niew
Chinese Temple

Rd

Takua Thong Rd

Sol Chan Atsawasuk

Phuket Rd

Sol Sakait

Sol Ko Mai Phai

Sol Saphan Hin

Immigration Office

Saphanhin Park

Boxing Stadium

Mineral Museum

Saphanhin
Sport Complex

Navy Radio
Station

Consideration

(Common ailments involving Tourists)

Motorcycle Accidents

Statistically speaking, the most hazardous activity that you can engage in while visiting Phuket is motorcycle driving. If you have limited experience with motorcycles then for your own sake, do not hire them! Driving in Phuket is hasty at it's best.

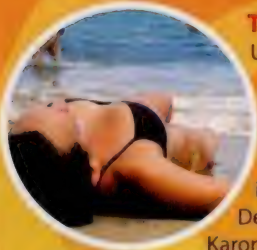
If you must hire them then drive defensively. Even though the weather is warm, we recommend at all times, a full face helmet, good sturdy boots and jeans. You leave yourself wide open for injury if you drive without a helmet, shorts and flip flops.



The Beach: Rip Tides, Heatstroke

Use a generous amount of sun block, beware of heatstroke and use a hat whilst in the sun. Do not swim on a full stomach and be extremely, very aware of the 'Rip Tides' around the island. A substantial amount of Tourist Deaths can be attributed to drowning;

Karon Beach in particular, especially between May and October is renowned for extreme 'Rip Tides'. If you want to swim, move to a safer, shallower beach such as Kata or Patong. On the other hand, if you do get caught by a 'Rip Tide' and you cannot fight against it, then **DON'T**. Start to swim parallel to the shore and let the tide take you. With luck you will swim out of the pull by moving sideways and while conserving your energy, allow the tide to bring you back in again. Be cautious of jet skiers, jet skiing and paragliding, a number of deaths have also been caused by inexperienced operators in the past. We recommend that you give both of these sports a wide berth here in Phuket. Apart from the inherent dangers, they are noisy, polluting and they destroy the serenity of the beach.



Sexually Transmitted Diseases

As a finally point, be aware of sexually transmitted diseases. The best way to avoid contacting STDs or AIDS is to avoid sex with strangers. Failing that, use a latex condom, preferably two, from a reputable manufacturer.

PHUKET

TOWN

While most international visitors to Phuket head straight to the beach for their holiday, there is a world of treasure waiting to be discovered in charming Phuket Town.

Phuket Town is the provincial capital of Phuket and is home to all legal and government offices including Immigration, the Tourist Authority of Thailand (TAT), the main bus terminal for inter-provincial travel. The main Post Office, Thai Airways, DHL, Government House (just to name a few) all reside in Phuket Town.

Phuket Town was settled by Chinese merchants who migrated from nearby Penang to set up businesses over a hundred years ago. The island was prosperous even then from revenues from tin mining and rubber plantations.

These Chinese merchants built extravagant home and offices in the Sino-Portuguese style which developed centuries ago in the active trading port of Malacca. Three hundred years ago, even Phuket had a community of Portuguese traders living on the island. They not only brought the chili pepper with them, but they brought their architecture, much of which can be seen only in Phuket Town.

The wealthy residents of yesterday did not build homes near the Western beaches for two reasons. They were afraid of the Burmese pirates and the wild animals such as tigers and boars that still roamed the jungles so they sought safety clustered together in the center of the island.

To capture the excitement of Phuket Town from yesteryears, head to town either in your hotel/resort limousine or taxi, and get out on Thalang Road. Here you will find merchants selling household goods, fabrics and everyday necessities in the same buildings and often the same families as well over a hundred years ago.

Of special interest is the Guan Choon Tong Herbal Store at 16 Thalang Road where Mrs. Sodsri Bumrungwong has worked and lived with her family for 70 years. Her father was a Chinese herbalist from Penang who moved the family to Phuket to bring traditional medicines for the local people. Each day Mrs. Bumrungwong mixes leaves, animal parts, herbs and roots into special formulas to ease pain, indigestion and to strengthen the body.

Crossing Thalang Road is another street rich with history. On Yaowaraj Road, numerous shops line a single block which offer distinctive arts and crafts of the region.

China House has textiles from Laos and silks from Thailand which have been designed into both casual and elegant evening wear.

Nearby is Ban Boran Textiles which has a wide range of cottons from South China as well as Northern Thailand that can be used to decorate the home or turn into comfortable clothing.

Phuket Town is well known for delicious Chinese food. Many visitors to the island come from Singapore and Taiwan in search of local delicacies including invigorating bird's nest soup and the wide range of desserts and dried foods only available on Phuket.

This main town on the island offers great shopping bargains with prices for souvenir items much lower than in similar boutiques near the beach. Phuket Town, however, has a lot more to offer the shopper than just the beach resorts.

From the Central Market located near the main roundabout where the local buses stop, streets fan out with each one offering shops selling clothing, handicrafts, silk, cotton, furniture and home accessories. Close by are cafes, restaurants, bakeries and deli's catering to both Western and Thai tastes.

In the morning and evening an open air market happens across from the local bus stop selling fresh fruits, vegetables and Thai Take Out including a wide variety of curries, omelettes, sweets and drinks.

If you're looking for some good ol' western fast food then head on out to Robinson's department store where there are lots of choices.

When the heat of the midday sun starts to get to you then consider a drive to the top of Khao Rang Hill. From here the view is outstanding and the cool shady trees in this quaint little park provide shelter from the sun. And at night, "those in the know" head to Ka Jok See for dinner where they might spot a visiting celebrity. Alternative nightlife entertainment to the wild beer bars of Patong Beach are the Thai Western Pub venues of Timber and Rock, formally known as the Timber Hut where many local Expats mix with the Thai music lovers. Phuket Town is full of surprises and well worth a visit during a holiday to Phuket.



BANG TAO/KAMALA

White Orchid

Thai/International

Southern end of Kamala Beach

Tel: 081-892-9757

White Orchid is rated as a special **Editors Choice** by **Fodor's International Guidebook 2001** and recommended by **Lonely Planet**. Perhaps here's why:

Tucked into the lush jungle that borders Kamala Bay, yet perched alone on a little-known secluded beach, is a rustic, bamboo and leaf constructed, internationally acclaimed restaurant that has been serving fresh seafood by candlelight for 18 years. Soft jazz and "chill-out" music compliment the tranquility. If you want to experience a quiet and truly romantic dinner while enjoying special dishes such as Tiger Prawn, Phuket Lobster, or Pepper Crab, as well as traditional Thai and European favorites, come treat yourself to the White Orchid.

WHITE ORCHID..... THE TRUE THAI FEELING

We are also organizing private for beach parties.

Free transport one way from Patong and Surin.

Full catering for any occasion also available upon request.

Open daily: 11:00 - 22:30

Price Range: B 150-450/person

Capacity: 30

Cocktails: Full Bar & Imported Wines

Mamma Mia

Scandinavian/Steakhouse

Inside Bang Tao Lagoon Bungalow

Tel: 087-882-1445, 081-787-3167

www.mammamia-phuket.com

Mamma Mia Bang Tao is located inside the premises of Bang Tao Lagoon Bungalow with an absolute beachfront location. The restaurant or should we say restaurants are divided into three areas each one with a very unique experience and atmosphere. Mamma Mia Grill@Beach is an easy going and relaxed steakhouse where you can eat your juicy steaks just a few meters from the Andaman sea. Mamma Mia Diningroom is the bigger restaurant where you can enjoy a more refined menu in a fine dining atmosphere. And finally but not the least M'Lounge. The big open air beach lounge where you can enjoy your before and after dinner drinks in a unique setting of tropical paradise. Mamma Mia Bang Tao is opened every day between 7.30 am and 11 pm.

CHALONG/RAWAI

Chokechai Fine Dinning Restaurant Thai Food/Seafood/

31/8 Viset Rd., next to the access of Soi Kok Makham Italian Pasta/

Saiyuan - Rawai Phuket

Mediterranean Tapas

Tel: 084-837-4429

Chokechai is a place where you can enjoy Dinner very simply and nice with good friends. We have Classic Thai Food, Seafood fresh from Andaman, Italian Pasta and Home Made Ravioli and Tapas from the Mediterranean countries. Good Wine Selection waits of you here. The Restaurant has a tropical design with 1400 pieces of the Bamboo Wood. We cook here real food in native original style, using all of ingredients from native countries.

For Thai Food we do have Tom Yam Goong, Tom Kaa Gai, Grapao Gai etc... what you love in Thai Cuisine Classic. For Seafood we serve Thai or Italian Seafood Styles. It's up to you how you love it. For the Tapas we can count on at least 20 different types everyday fresh. Best Menu of us Piccata Milanese in Tomato or Gorgonzola Salsa, Grouper or Stingray Fish in Wine Sauce with Green Salad, Home made Ravioli, filled with Ricotta and Mushrooms in Sage-Butter-Garlic Sauce, Calamari in Balsamico ... or Bruschetta. **PARKING** at the backside of the Restaurant. Reservation to mobile: 084-837-4429. Monday closed

Capacity: 34

DAVINCI

Italian

Southern in Hai Harn Village

Tel: 076-289-574

www.davinciphuket.com

The DaVinci restaurant is one of the most traditional Italian restaurants on the island of Phuket and is located in the southern most part of the Island in Nai Harn village, which is an idyllic quiet location far from the crowds of Kata, Karon and Patong. The restaurant has two dining areas, one which is in an al fresco setting with chandeliers and a beautiful decor while the other offers a more relaxed atmosphere with a children's play area so parents can enjoy the food.

We strive to offer Italian cuisine which is both simple but sophisticated in its preparation and presentation, made from fresh ingredients which are sourced locally on the island everyday. DaVinci is famous for various pasta dishes as well as the main courses of Australian beef, seafood and white snapper. At the same time we offer a full menu of thin crusted pizzas cooked in a traditional wood fired oven. The wine list offers a wide range of Italian wines and there is a full cocktail menu including the famous after dinner cocktail, *DaVinci Coffee Martini*.

As the local residents say about DaVinci; Great food and people you know....

Friendship Beach Bar at Friendship Beach Resort

International, Thai

Viset Road 2.6 kilometers south of Chalong Circle

(between Chalong Circle and Rawai), on the left

Tel: Chef 089-728-5304

email: info@friendshipbeach.com

Listed in the Andaman Post as "1 of the top 5 places to Chill out on Phuket Island" by people who are residents and who frequent a variety of establishments.

Do you know where you can dine on the beach, enjoy a cool brew at a water's edge beach bar and while away the time as the kids swim in our seaside salt water pool at no charge? Enter the Beach Bar and Restaurant at Friendship Beach Waterfront Resort.

Food is special here. All orders are cooked ala minute (to order). No packaged sauces or gravies as we specialize in 'real' flavor and healthy cuisine. Professional yet playful, both our American Chef and Thai staff have got-it-down-right.

This is not a tourist rip-off venue; rather, it is moderately priced. The menu consists of a wide variety of tantalizing foods from traditional American and Western to traditional Thai. Check it out, you will not be disappointed. Vegetarian menu, too? You bet.

Friday nights (6 to 9) is the gathering place for Westerners to meet, chat and get caught up on the news and their personal experiences. There is no special reason they congregate on this night but they have adopted us as "their special place."

Sunday afternoon is the great "chill out" time with live jazz music from 4 to 8, Thai and Western children playing in the pool, mom and dad socializing and tanning. A fun time, for sure. You can relax, enjoy the scenery and enjoy a remarkable good meal in an unusual location and with a casual friendly staff. Many ex-pats feel Friendship Beach is their 'home away from home' and return again and again.

Many locals say we have the best food on the island, who are we to disagree!



The Green Man *Traditional English Country Pub and Restaurant*

82/15 Moo 4, Patak Road, T.Rawai, A.Muang, Chalong
Tel: 076-281-445 - 50 / 081-894-7736, Fax: 076-281-453
E-mail: info@the-green-man.net
Website: www.the-green-man.net

*Credit Cards: Visa, Mastercard, JCB,
American Express and Diners Customers Welcome*


Not a tourist trap, The Green Man is a traditional English Country Pub, situated in the heart of Phuket. It is where most of the long-term residents call home, away from the hassle of the busier areas of the island. It is utterly authentic, built to ancient arcane designs, if you go, get them to take you on the tour of the Three Floors Of Life, it is a fascinating journey through the ancient beliefs of the all the world's nations.

It is also a great deal of fun, they have enthusiastic British management always on the premises and the customers are from a broad cross section of cultures and countries. Live entertainment, a regular pub quiz and theme parties plus the largest selection of draught beer in Phuket, including Guinness and Kilkenny.

It is also the favorite haunt of Phuket's kids, they have a three and half acre landscaped garden, including a great kid's playground and they also have a well-planned children's menu featuring all the stuff they love. They celebrate all the major western festivals, so your kids don't have to miss out.

The pub itself has a fabulous menu of British Pub Grub at very reasonable prices, a wine cellar, cigar divan and large screen television for sports and children's classic films and cartoons when it rains.

Their Roast Sunday Lunch (Yorkshire pudding, Roast Beef etc) is a legend on the island and kids eat for free, every Sunday. Many visitors who go there make it their second home for the duration of their stay and quickly become part of the family of the pub.



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By Angela D'Souza

Diet Astrology! Riding the road to a healthy you with food and herbs relevant to your Zodiac Sign

Your savor and penchant towards a particular type of food is largely dominated by the inherent needs of your body, yet again, dependant on your astrological composition. Each sign has its own tissue salt. The supposition is that we use up more of our zodiac mineral salt than any other, and it is suggested that we eat foods that contain this mineral in abundance. Find out what food will nourish, heal and tickle your palate.

Libra: Known for their pleasing features and good bone structure. Librans are prone toward weakness in the lower back, and this is the first place in the body to suffer when they overexert themselves. Balance is the key to Libra's health and wellbeing.

The tissue salt for Libra is sodium phosphate, which equalizes the balance of acids and alkalis in the body and rids the body of waste material.

Eat strawberries, apples, raisins, almonds, asparagus, peas, corn, carrots, spinach, beets, radishes, tomatoes, low-fat cheeses, yoghurt, wheat, brown rice and oatmeal. Librans should eat lots of broiled fish, seafood and poultry.

Tip: Drink plenty of water to keep the system flushed out and free of toxins. Alcohol and carbonated drinks which are bad for the kidneys should be avoided.

Scorpio: Renowned for their energy and imagination. Scorpio natives are prone to problems and infections of the sex organs. They are subject to ill health brought on by emotional difficulties.

The tissue salt for Scorpio is calcium sulphate, the prime ingredient in the repair of tissues and resistance to infectious diseases. This mineral is needed for a healthy functioning body. A deficiency opens the way to cold and sinus infections that hang on forever, skin eruptions that do not heal, and infertility.

Eat asparagus, cauliflower, radishes, onions, tomatoes, figs, black cherries, coconuts, milk, cheese, yoghurt, and cottage cheese. The following are particularly good for Scorpio: fish and seafood, green salads, beets, lentil, almonds, walnuts, citrus fruit, berries, apples, bananas and pineapples.

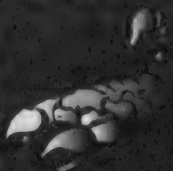
Tip: Do not eat large meals and the evening meal should be light.

Sagittarius: Physical activity is a must; they will stagnate and become ill if they do not get enough exercise. They often have chronic aches in the hips and thighs and may be vulnerable to sciatica, gout, and hip disease.

The tissue salt for Sagittarius is silica, which strengthens the nervous system, keeps the connective brain tissue healthy, and prevents numbness in fingers, legs and feet. Lack of silica may result in lank hair, dull skin, sores and receding of the gums.

Eat green pepper, figs, strawberries, pears, apples, potatoes, oats, husks of grains, whole-grain cereals, and egg yolk. Sagittarius should eat a high protein diet with lots of broiled poultry and fish, fresh vegetables and fruits such as beets, tomatoes, plums, cherries, oranges and lemon.

Tip: Drink lots of pure water, eat four mini meals a day rather than three large ones.



Capricorn: Noted for their longevity and known for their beautiful bone structure. This is a sign that may be vulnerable to rheumatism, arthritis, neuralgia, stiff joints and orthopedic problems.

The tissue salt for Capricorn is calcium phosphate, the most essential element in the bone formation. Lack of this mineral can cause rickets, misshapen bones, spinal curvature, teeth disorders, and pains in the joints.

Eat oranges, lemons, figs, celery, cabbage, dandelion greens, spinach, broccoli, corn, peas, potatoes, walnuts, almonds, whole wheat, oats and brown rice. Capricorns should include a fresh raw salad, fresh fruits and vegetables, lean protein, fish, eggs, and whole-grain breads in their diet every day.

Tip: A diet high in protein and calcium is vital in order to keep the bones, skin and teeth in prime condition.



Aquarius: Generally strong and healthy with good coordination. They tend to be mentally active, more than they are physically and there is a slight tendency to put on weight if they are not careful. This sign is susceptible to circulatory problems, hardening arteries, anemia and low blood pressure.

The tissue salt for Aquarius is sodium chloride – common table salt.

Eat ocean fish, lobster, tuna, oyster, spinach, radishes, celery, cabbage, lettuce, corn, squash, lentils, almonds, walnuts, apples, peaches, pears, lemons, and oranges. Other food that are good for Aquarians are chicken, beets, broccoli, carrots, peppers, tomatoes, strawberries, pineapple, pomegranates, figs, dates, brown rice, whole wheat, yoghurt and natural cheeses.

Tip: Follow a diet that limits fattening foods and is high in protein. Cut down on coffee; this can create nervousness and try herbal teas to assist in relaxation.



Pisces: These sensitive and emotional personalities have illnesses which are frequently emotionally based. Pisces tend to have a delicate constitution that does not easily fight off disease. They are exposed to colds, sinus trouble and water retention in the body.

The tissue salt for Pisces is ferrum phosphate – iron. Lack of iron in the system can lead to anemia, low blood pressure, inflammations, glandular problems, and heart irregularities.

Eat liver, lean beef, lamb, egg yolks, oyster, kidneys, whole-grain cereals, barley, dried beans, beet, spinach, onions, lettuce, raisins, dates, apricots, peaches, grapes, apples, lemons, and oranges.

Tip: Cut down on table salt as that causes bloating.



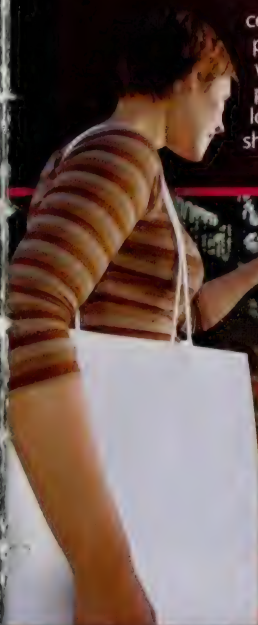
A Shopper's Discovery

One of the most perplexing situations a tourist will have to face before he goes home is: what souvenir of Thailand should I buy? Silk, woodcarvings, silver, brassware... the list is endless.

Armed with knowledge of the history of these native crafts, the selective shopper will be mentally equipped to choose a bit of Thailand that will remind him of his visit for years to come.

Let's take a look at a few of these Thai creations.

Thailand has been weaving silk cloth for centuries. In 1976 the Queen's SUPPORT program set up centers to train people to weave the cloth in the age-old people powered method of spinning wheels and looms; the results are visible in silk showrooms throughout Thailand.



Along with silk, teakwood is another singular industry that brings out the talents of Thai craftsmen. Whether it is fashioned into a miniature elephant of only a few grams, or a two meter tall pachyderm weighing almost as much as the real animal, the wood workers' attention to precise detail is their hallmark.

Teakwood is so valuable that not a scrap is wasted, and the smaller pieces are used as the foundation for lacquerware. They are shaped into bowls, platters, and boxes. The uneven surface is filled in with clay and made smooth. Then, over a period of months, seven coats of lacquer are applied and finally a pattern is applied in gold leaf.

Another example of the Thai's inherent creativity is shown in their hand-painted parasols and folding fans which are being used the world over as decorator items. The paper is made from the bark of the mulberry tree; the bamboo is split by hand and the holes are punched with a foot powered bow-drill, finally, they are hand-painted with designs of birds, dragons and village scenes.

At the brassware centers, a bell tone resonates from the workshops as men concentrate on tapping decorative designs into goblets and jewelry. As a bonus, "modern" brassware is coated so that it needs no polishing. But this is not the only metal craft done in Thailand.

Some handicrafts unique to the South include gold neiloware from Nakhon Sri Thammarat, enamelware from Songkhla, and pewterware from Phuket. Phang Nga and Pattani are renowned for incorporating a black geometric design in their basketry and wicker furniture; while in Phuket, batik clothing reflects the colorful flair of the South.

Patong and Phuket Town are excellent places to have some custom clothes made to order by resident dressmakers and tailors. Whether you bring them your own personal sketches, or have clipped a photograph of the style you wish, you can be assured of receiving a quality garment within 24 hours, or at most a few days if detailed work is involved. Imported linens, blended wools, and print cottons are popular fabrics to choose from, while the lustrous Thai silk is hard to resist.

The colored gemstones sparkling under the lights of the jewelry store windows can make anyone stop dead in their tracks. Phuket has a first rate lapidary on the island, while other



stones or set pieces of precious and semi-precious quality are hand picked from Bangkok. Pearls are the speciality of Phuket and they come in a variety of makes, sizes and colors. From Phuket's pearl farms come the rare south seas pearl, cultured pearls, and mabe pearls in every shade of cream, to pink, and black. Imitation pearls from Phuket are made from ground pearl dust and cemented by a secret formula. Freshwater pearls are imported and come in every color of the rainbow.



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Action Sports Guide

**Looking for some Action, well try
our fast find index to put you in touch
with some of our Finest Adventure Activities**

Action Sport	Company Name	Location	Tel No.
Bowling	Pearl Bowl	Phuket Town	076-230-117
	Rock N' Bowl	Patong	076-345-165
Bungy Jumping	Jungle Bungy Jump	Kathu	076-321-351
Horse Riding	Phuket Laguna Riding	Bang Tao	076-324-199
Jet Boating	Extreme Jet Boating	Chalong Bay	084-844-4332
Kayaking	PaddleAsia	Phuket	076-240-952
Power Snorkeling	Power Snorkel	Chalong	1-800-748-538
Sailing/Windsurfing	Phuket Island Sailing	Patong	087-279-5021
Scuba Diving	Dive Asia	Kata	076-330-598
	Dive Collection	Kata	076-330-800
	Dive The World	Patong	076-340-318
	Santana	Patong	076-294-220
	Sea Bees	Chalong	076-381-765
	SEA Divers	Chalong	076-281-299
	Sea World Dive Team	Patong	076-341-595
	West Coast Divers	Patong	076-341-673
Snorkeling Tours	Coral Seekers	Phuket	076-354-074



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Diving/Tauchen

121/10 Mu 4 Patak Rd. Kata Beach

Tel: 076-330-598, 076-284-117

Fax: 076-284-033

E-mail: info@diveasia.com

Website: www.diveasia.com

Dive Asia established in 1988 is the first PADI 5 Star Career Development Center in Phuket - one of only two companies selected in all of Southeast Asia. We are the recognized leader in diver training and operate a full range of day trips and live-aboards to all of the most popular dive sites.

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As the first PADI 5 star career development center in Phuket, we offer the complete range of PADI diving courses - from Discover Scuba Diving to NITROX Courses and IDC/CDC Programs for diving professionals. Regardless if you are beginning or seeking to upgrade your credentials as a diving professional, our multilingual PADI courses directors and master instructors ensure that at Dive Asia you will receive the very best scuba training available.

Our philosophy is quiet simple: personal attention, high quality diving trips, professional education, affordable prices, and all the fun that is Great Diving.

Red Bull

Although now popular in the west, Red Bull actually originated in Thailand.

Red Bull and several other

'energy drinks' like Lipo

and MD150 are consumed

in prodigious quantities in

Thailand, especially by those

suffering from hangovers or needing

a wake-up call. Caffeine is the primary

ingredient providing the energy.



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E-mail: divecollection@e-mail.in.th

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Diving

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E-mail: info@westcoastdivers.com

Website: <http://www.westcoastdivers.com>

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Boat Charter available.





Herbs: Cures or Quack Medicine?

In Europe, and especially in Germany doctors widely prescribe scientifically tested, government approved natural medicines in place of pharmaceuticals. Oddly enough, in America, which you might feel led the way, the medical establishment and government rulings are very tough indeed, and tend to discourage their use. Federal law prohibits specific therapeutic claims, even for well-researched remedies approved as pharmaceutical quality drugs in other nations. The situation is therefore far from being clear. However, a little research on some of the more popular natural medicines reveals some interesting facts.

Daily doses of feverfew, a member of the daisy family, can prevent migraines and reduce their severity, according to British research. In a study published in the prestigious British Medical Journal, migraine sufferers taking feverfew capsules for six months were relatively free of headaches; migraines in those taking a fake capsule were triple the frequency of those being treated. The most likely anti-migraine agent in the feverfew extract is parthenolide.

If you complained of depression in Germany, your doctor would be far more likely to prescribe the herbal remedy St. John's wort {also known as hypericum} than the pharmaceutical Prozac which you would receive from a doctor in the United States. About 25 well-conducted studies, most done in Germany, have found St. John's wort often relieves depression as effectively as antidepressant pharmaceuticals, without unpleasant side effects. In a German review of 3,250 depressed patients, 80 percent reported improvement or freedom from symptoms after taking St. John's wort for four weeks.

If you suffer from a bad memory, we all have access to a plant medicine, ginkgo biloba, that can help protect our brains from deteriorating with age. It is approved in Germany to treat failing memory and dementia, including Alzheimer's disease. More than 50 rigorous scientific studies confirm that this extract, derived from the leaves of the ginkgo tree, is an effective treatment for diminished memory and concentration, increased absentmindedness, confusion, depression, dizziness and tinnitus {ringing in the ears}. Research suggests that ginkgo may work by increasing blood circulation and glucose {sugar} metabolism in the brain. An important plus: unlike prescription drugs, ginkgo has few and very mild side effects.

High cholesterol? Little known outside research circles is a mighty cholesterol-fighter developed at the University of Florida College of Medicine. A patented blend of grapefruit fibre and guar gum, the yellowish powder has dramatically cut cholesterol in almost everyone who has taken it, even when cholesterol-lowering pharmaceuticals failed. More exciting, the grapefruit fibre, known as ProFibe, actually cleared clogged arteries in some people and in pigs, whose cardiovascular system is similar to that of humans.



Garlic has long been believed beneficial, but researchers are now beginning to feel that if a pharmaceutical was designed that had the same effects when treating heart disease and associated risk factors, they still could not improve on garlic. Garlic really does raise protective HDLs {high-density lipoproteins} while lowering harmful LDLs {low-density lipoproteins} and triglycerides {blood fats}. It is also known to help lower high blood pressure. It assists in cancer prevention by raising the body's level of glutathione transferase, a liver enzyme known to detoxify the body of carcinogens: in China, researchers found gastric cancer was reduced where garlic intake was high. Other researchers have noted improved helper/suppressor ratios of T-cells in AIDS patients who take garlic.



Hawthorn is also proving to be an effective treatment in heart disease. Extracts from the berries of this flowering shrub aid the heart's pumping action by opening the coronary arteries to nourish the heart muscle. The herb can also slow a rapid heart rate and strengthen a failing heart. Hawthorn usually lowers high

blood pressure, especially a raised diastolic high blood pressure, and it benefits low blood pressure due to weak heart muscles with arrhythmia {irregular heart rhythm}.



Hawthorn takes a long time to do its best – six months or longer – but it can be taken safely and effectively over time for its best effects.

It is possible to go on and on listing the beneficial properties that are now being discovered by scientists from the old recipes that our grandmothers may have sworn by, but instead let us take a brief look at another form of herbal treatment which is especially popular now, notably in Thailand: that of aromatherapy.

The pure essences distilled from aromatic plants have been prized for their health-giving qualities for thousands of years. Using the beneficial properties of oils, you can treat common ailments, promote good health and emotional well-being, plus enhance every aspect of your life. Essential oils can evoke smell imagery; sometimes the smell of a certain aroma can instantly bring back memories of a childhood scene. Some scents can make us feel relaxed while others can make us feel energized and alive – this is the power of aroma. So goes the sales talk from the increasing number of spas being set up in Bangkok, for today aromatherapy is out of the “health alternatives” and into the mainstream.

The chemical components of the oils, after analysis, show that they have anti-bacterial, anti-fungal, anti-viral, and anti-parasitic qualities. Several of the oils also support the function of the immune system by acting as an antiseptic and healing agent. Additionally, some oils can affect the hormonal system, while others can stimulate an opening to emotional blocks.

I myself have seen and felt the profound effects of essential oils, creating mental, emotional, and physical shifts. People reported feeling more joyful, happier, and uplifted. I like applying lemongrass on the pulse points, such as the temples, wrists, and ankles to enhance emotional expression. In addition, rubbing lavender on the feet aids in relaxation and promotes balance.

Essential oils have a tremendous affect on our bodies, and will continue to play a major role in our health preservation during these times of seemingly increasing disease and stress. So too will herbal medicines. This aspect of wellness is here to stay, and that in itself speaks volumes for its effectiveness.

ACCOMMODATION IN PHUKET & PHI PHI

Bellmans Guesthouse

Steakhouse & Pizzeria

100/30-31 Kata rd., T.Karon, Muang, Phuket 83100

Tel: 076 330335 Fax: 076-284000

E-mail: info@bellmans.nu

Website: www.bellmans.nu

Very popular rooms. It is very central with a view over the mountains in Kata and each room has a balcony where you can see the mountain and enjoy the pleasant climate. Approximately 3 minutes walk to the beach.

Rooms: Approximately 20 sqm, double bed with air conditioning, bathroom with hot and cold water shower and lavatory, balcony, cable TV, and fridges. Safety box in the room.

Cleaning is included each day as is bed sheets and towels.

Welcome!

Period	Double Bed without breakfast	Double bed with breakfast
High Season		
Nov 1 - April 15	1100 Baht	1300 Baht
Low Season		
16 April - Oct 31	550 Baht	750 Baht

Extra bed - 200 Baht (without breakfast)

Friendship Beach Resort

Beach Bar & Restaurant

27/1 Soi Mittrapap, Viset Road

2.6 kilometers south of Chalong Circle

(between Chalong Circle and Rawai), on the left

Tel: 076-288-996, 089-727-2296

E-mail: info@friendshipbeach.com

Website: www.friendshipbeach.com

Friendship Beach Waterfront Resort, a newly renovated vacation resort haven, is located in the quiet southern area of Phuket Island on the waterfront of Chalong Bay. Because it is removed from the hustle and bustle of the usual frantic tourist spots located only a few kilometers away, it is very private and secure. The accommodations are either apartments, houses, or rooms. The apartments and houses are spacious and offer everything a western home offers and are designed for long term stays but can be occupied for a short term. The rooms are new or have been recently renovated and are very comfortable. Standard for all accommodations are internet WiFi, TV, air conditioning and fan, phone, a safe, and hot water. The swimming pool and professionally landscaped grounds serve as backdrop for the serene beauty and marine activity of Chalong Bay. While relaxing at the resort, you can enjoy outstanding Thai and Western cuisine (no MSG), as well.

The Thai Staff are young, friendly professionals dedicated to making each visitor feel a part of the resort family, yet special and pampered.

Karon Café Inn

Full Service Budget Hotel

33/76 Patak Road, Karon Beach

Soi Islandia Park Resort

Tel: 076-396-217, Fax: 076-398-349

E-mail: reservation@karon-beach-hotel.com

Website: www.Karon-Beach-Hotel.com

Karon Beach's Best Value; with 20 deluxe and suite rooms located just above the world renowned Karon Café restaurant, only 150 meters from the beach. Over the last 20 years, Cozy atmosphere, Top Service (1.5 staff per room), and full amenities gained us the reputation of the first and best budget boutique hotel in Phuket. However, don't worry about our age because our rooms are re-finished every year to maintain the "New Look". All rooms feature Cable TV (eight English channels including Cinemax, HBO, CNN, Discovery, ESPN, MTV, etc.), large private bathrooms with hot water, direct dial phones, large empty refrigerator, easy direct Internet connection with your laptop, daily maid service, room service, and laundry service. Also, health and pool facilities are available at our sister resort Pacific Club for a small fee.

Room Rates: Dec - Mar Baht 1,000 - 1,400

Apr - Nov Baht 600 - 900 (ask about monthly rates)

Lamai Guesthouse

20/31-32 Sirirat Road, Patong Beach, Kathu, Phuket

Tel: 076-512-372-3 Fax: 076-512-374-5

Email: info@lamaiguesthousephuket.com

Website: www.lamaiguesthousephuket.com

Lamai Guesthouse provides quality rooms with all comforts available including air-conditioning, cable TV, hot & cold water, mini bar, private bathroom and telephone.

Room Rates:-

Period	Double Bed or Twin Beds	Single Bed
Peak Season		
20 Dec-20 Jan	1,200 Baht (\$35)	1,000 Baht (\$29)
High Season		
21 Jan - 31 Mar	1,000 Baht (\$29)	800 Baht (\$23)
01 Dec - 19 Dec		
Mid Season		
01 Apr - 30 Apr	800 Baht (\$23)	600 Baht (\$18)
01 Nov - 30 Nov		
Low Season		
01 May - 31 Oct	600 Baht (\$18)	500 Baht (\$15)

Le Jardin Bungalows

168 Nanai Road, Patong Beach, Phuket

Tel: 076-340-391; Fax: 076-344-182

Website: <http://www.lejardin-phuket.com>

E-mail: lejardin@phuket.ksc.co.th

Le Jardin est un ensemble de bungalows et appartements à quelques minutes du bord de mer, dans la verdure tropicale, équipés pour se sentir comme chez soi :

- Terrasse, salon, kitchenette, une ou deux chambres, salle de bains avec eau chaude, TV câblée
- Piscine
- Sauna aux herbes, jacuzzi
- Massage traditionnel
- Bar et Restaurant thai
- Et surtout l'accueil, les renseignements et l'aide dont vous pourriez avoir besoin pour bien réussir vos vacances !

A short walk to Patong Beach, Le Jardin is a peaceful bungalow and apartment resort with lush tropical gardens. The bungalows have

- Terrace, living room, kitchenette, one or two bedrooms, bathroom (hot water), cable TV
- Swimming pool
- Herbal sauna, jacuzzi
- Traditional Thai massage,
- Garden bar and Thai restaurant,
- A friendly atmosphere: it will be our pleasure to help organize your holiday here in Thailand!

Minotel Patong Beach

19 Sawatdirak Road, Patong Beach

(opposite Sainamyen School)

Tel & Fax: 076-296-654

Email : info@minotelpatong.com

Website: www.minotelpatong.com

The Minotel is a boutique guest house offering 19 comfortable and individually air conditioned guest rooms in the centre of Patong. It is just 3 minutes walk to the beach (central area of beach), 5 minutes to Bangla entertainment area and the Jungcelyon shopping and restaurant complex and just 2 minutes to the gay Paradise entertainment area with its nightly cabaret shows. It has a street side restaurant and travel desk at the front of the hotel.

All rooms offer ensuite bathroom with hot and cold water, free wi-fi, empty refrigerator, cable TV, safe, and complimentary drinking water. There is a daily maid service and laundry service. Our larger deluxe rooms also have a 29" flat screen TV with DVD and kettle with tea and coffee.

The hotel has very friendly staff that puts this hotel in the enviable position of having many repeat customers and long term stays. We always have high levels of occupancy.

Our rates for a standard room are Bht 600 in the off peak season and Bht 1,650 in peak season. See the website for more details.

Pacific Club Resort

16 Soi 24 Karon Beach

Just Behind Front Village Resort

Tel: 076-398-350/2 Fax: 076-398-349

E-mail: reservation@karon-beach-hotel.com

Website: www.Karon-Beach-Hotel.com

Boutique Resort

(See our Color Ad on the
map of Karon Beach)

Karon Beach's Best Value 4 Star Boutique Resort; with 40 deluxe and suite rooms located just above the the rest of the world in Karon Beach overlooking the beach and lagoon with 360 degree Panoramic Views of the area. Over the last 20 years Chef Eric has been providing top quality accommodation at under market prices, now Pacific Club wraps it all into one unbelievable Resort at less than half the price of comparable 4-5 star Boutiques. Full Amenities include, Gym, 30 meter shape/lap pool on the roof, 16 top quality video, news, sports private cable TV channels free of charge, heated Jacuzzi, Herbal Steam Sauna, full massage facilities, Fully Wi-Fi internet in the rooms and around the resort, unbelievable Fine Dining and Room Service. All at reasonable prices.

Room Rates: Dec-Mar Baht 2,000 - 2,800

Apr-Nov Baht 1,500-2,000 (ask about monthly rates)

SERVICES

Bootleg

17/26 Soi Yodsanae

Choafa Road West

Chalong, Phuket 83100

Mobile: 081-979-5624

E-mail: photo@bootlegonline.com

Web: www.bootlegonline.com

Photographer / Designer

Are you looking for a photographer to take pictures of your wedding, birthday party, or any other event?

Do you need a pro to take photos of your shop, hotel, boat, or house?

Or are you looking for someone to make layouts for a brochure, flyer, menu, or name card?

Well then, you've found the right place.

Mom Tri's Boathouse

182 Koketanode Rd.

Kata Beach, Phuket 83100

Tel: 076-330-015

Fax: 076-330-561

E-mail: info@boathousephuket.com

Website: www.boathousephuket.com

Thai Cooking Classes

The Boathouse cooking classes take place in the culinary classroom located directly on Kata Beach. Fun is the main ingredient of Master Chef Tummanoon's popular classes which give a wealth of information on the essence of Thai cooking, ingredients and blending flavours.

Recipes for appetizers, salads, main courses and desserts are explained and demonstrated by Chef Tummanoon and are then cooked by the students themselves in these hands-on workshops. Course price for one or for two days includes lunch, a folder with recipes and the coveted Boathouse apron.

Reservation is required.

Saturday & Sunday 10:00 - 14:00

Price Range: B 3,500 for 2 days

B 2,200 for 1 day

Capacity: max 12 students

TRADITIONAL MASSAGE

Le Jardin Bungalows

168 Nanai Road, Patong Beach, Phuket

Tel: 076-340-391

Fax: 076-344-182

Website: <http://www.lejardin-phuket.com>

E-mail: lejardin@phuket.ksc.co.th

Le Jardin est un ensemble de bungalows et appartements à quelques minutes du bord de mer, dans la verdure tropicale, équipés pour se sentir comme chez soi :

- terrasse, salon, kitchenette, une ou deux chambres, salle de bains avec eau chaude, TV câblée

- Piscine

- Sauna aux herbes, jacuzzi

- Massage traditionnel

- Bar et Restaurant thai

- Et surtout l'accueil, les renseignements et l'aide dont vous pourriez avoir besoin pour bien réussir vos vacances !

A short walk to Patong Beach, Le Jardin is a peaceful bungalow and apartment resort with lush tropical gardens. The bungalows have:

- terrace, living room, kitchenette, one or two bedrooms, bathroom (hot water), cable TV

- Swimming pool

- Herbal sauna, jacuzzi

- Traditional Thai massage

- Garden bar and Thai restaurant

- A friendly atmosphere: it will be our pleasure to help organize your holiday here in Thailand!

SPAS

Hideaway Day Spas Thai Herbal Aromatherapy Spa **Patong Hideaway Day Spa**

157 NaNai Road, Patong, Phuket

Reservations: 076-340-591, 081-750-0012

BangTao Hideaway Day Spa (Laguna Area)

Laguna Resort Road, Bang Tao, Phuket

Reservations: 076-271-549, 081-750-0012

Chalong Bay Hideaway Day Spa

1/19 Viset Road, Chalong Bay, Phuket

Reservations: 076-280-649, 081-750-0012

Website: www.phuket-hideaway.com

E-mail: info@phuket-hideaway.com

Phuket Thailand's Original Herbal Aromatherapy Spa

Established 1987

Over 300,000 Relaxed Guests

Relaxation Therapies:

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Waterfall plunge pool to cool and invigorate Traditional Thai Aromatherapy Body, Face, Foot, and Hand Massage Treatments

Skin Repair & Rejuvenation Therapies:

Body Wraps, Body Masques and Body Scrubs

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by

'Hideaway Naturals'

All in a natural tropical setting.

Hide Away Day Spas for those seeking

an authentic Thai Herbal Aromatherapy Spa.

So treat yourself to the best, you know you deserve it!

Mom Tri's Spa Royale

*Luxurious Full Treatment
Day Spa*

12 Kata Noi Road,

At Mom Tri's Villa Royale on the hill between Kata and Kata Noi beaches.

Tel: 076-333-568

Fax: 076-333-001

Email: info@villaroyalephuket.com

Website: www.villaroyalephuket.com

At Mom Tri's Spa Royale, the science of healthy eating is applied to developing gourmet nourishment for the skin. Mom Tri's Spa Royale's offers health-giving, revitalizing recipes will give you the feeling of being absolutely delicious.

Mom Tri's Spa Royale offers an array of homemade body scrubs, wraps and aromatic infusions along with hydrotherapeutic soaks, steam baths, water jets, a selection of massage therapies and facial treatments.

Private treatment rooms with steam bath cabins and soak baths are set around a central massage pool.

The ultimate in pampering the spa treatments restore your inner serenity and balance.

Open 8.00h – 20.00h

Spa Cenvaree

In Love with Life

Centara Villas Phuket, 701 Patak Rd., T. Karon,

A. Muang, Phuket 83100

Tel: 076-286300 – 9 Fax: 076-286316

Email: cvp@chr.co.th

Website: www.centarahotelsresorts.com

Our traditional collection of treatments harnesses the power of indigenous plants and traditional touches to deliver you a spa journey personalised to your own sense of wellness.

Join us to discover Thailand's culture and healing art.

Open daily: 10:00 – 20:00

Price Range: B 500 up

Fully Qualified

All Major Credit Cards welcome.

The Sense Spa

Spa

Kata Plaza, next to Siam Commercial Bank

Kata Beach

Tel: 076-333-014

The Sense Spa is a gentle sanctuary tucked away in the heart of Kata Beach. The contemporary artistically Asian-inspired decorations are charming and naturally simple but elegant, which has the immediate effect of producing a deep calm and harmony for spa goers while having spa treatment and massage.

The expert skills of our therapists encourage your mind and body to let go of stress and induce a deep state of relaxation. The Spa also provides top quality products for all massage and treatments. In addition, natural ingredients like milk bath, essential oil, honey & yoghurt scrub, and their signature aromatic massage oil can be purchased in the foyer of the spa.

The spa offers a range of eclectic Spa treatments reflecting many Asian influences all of which have beneficial healing and restorative qualities for your body and mind.

MEDICAL

Phuket International Hospital

44 Chalermprakiat Ror 9 Road, Phuket 83000

Tel: 076-249-400

Fax: 076-210-936

E-mail: info@phuket-inter-hospital.co.th

www.phuket-inter-hospital.co.th

Phuket International Hospital is the leading private hospital within the region, offering a comprehensive range of medical and hospital services, specifically orientated to foreign tourist and residents.

- Emergency and Ambulance Services 24 hours
- Full hospital, medical, dental and healthcare services
- International staff and interpreters
- Hotel visits
- International insurance accepted
- Domestic and international medical evacuation
- Beautiful garden setting
- Medical and Health checkups
- Nearest private hospital to Patong Beach
- Located between Tesco Lotus and Big C

Phuket International Hospital

Caring People, Curing People



โรงพยาบาลศิริโรจน์

Phuket International Hospital

Health Checkups

Experience what thousands of satisfied customers already know. The exceptional service and high standards of Phuket International Hospital's discounted Health Checkup Programs.

**Caring People,
Curing People.**

Basic Program ฿ 2,350

This is a routine checkup recommended for adults under 40 yrs

Executive Program for Males ฿ 10,500

This is an advanced checkup recommended for male adults over 40 yrs

Executive Program for Females ฿ 12,500

This is an advanced checkup recommended for female adults over 40 yrs

Appointments are not necessary if you come to the hospital at 9.00 am Monday to Friday. Call for other times. Patients should not eat or drink for at least 10 hours before coming to the hospital. Prices are subject to change without notice.

076 249 400

Between Tesco Lotus and Central Festival on the bypass road

www.phuket-inter-hospital.co.th

Entertainment



** Being on a tropical island doesn't mean you can't take in some soothing Jazz or Blues - enjoy a variety of these at The Boathouse and Baan Rim Pa.*

** Ease into the intimate comfort of a uniquely different cabaret performance at the Play House Theatre.*

** Cozy up to a pint of bitter in traditional pubs like Molly Malone's and Scruffy Murphy's.*

** Pulsate and sweat until you lose yourself at one of the raging discos.*

You'll enjoy it from Sunset to Late Night...



BEST SUNSET VIEW IN PATONG
CHILL OUT ATMOSPHERE
EVENT EVERY WEEK END

white
box

Roof Top Bar

OPEN MONDAY TO SUNDAY 05PM TILL 01AM

TEL: 076-346271
and 076-680410



247/5 PRABARAMEE RD., KALIM BEACH



wine
BAR & BISTRO

"Wine Connection BAR & BISTRO
branch in Jungceylon combining
a Wine Shop, a Wine Bar,
a Deli and a Restaurant"

Open daily from
10.30 AM. to 12 PM.

Wine Connection Bar & Bistro SINO Street, Jungceylon Shopping Complex
Tel: 0 7636 6091

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BARS/COCKTAIL

LOUNGES DISCOTHEQUES

Baan Rim Pa

Piano Bar Restaurant

223 Prabaramee Road,

North Patong/Kalim (opposite Novotel Resort)

Tel: 076-340-789, 076-341-768

www.baanrimpa.com

This award winning restaurant offers not only fine dining and great location with spectacular ocean view but a place to sit back and enjoy live Jazz and the Piano Bar where world acclaimed pianist Tommy Doyle will be found nightly (except Mondays). This is also a great place to watch the sunset and sip on icy cold local and imported beers, an exotic cocktail or a glass of wine from their special selection before dinner. Whether you just want to drop by for drinks or choose to dine, Baan Rim Pa will be a place to remember.

Joe's Downstairs

Cocktail Bar and Restaurant

223/3 Prabaramee Road North Patong/Kalim

Tel: 076-344-254, 076-344-927

www.joesphuket.com

Located next to its sister, the famous award winning Baan Rim Pa, Joe's who also has been awarded The Best Casual Dining Restaurant 2008-2010 by the Hospitality Platinum Awards, offers something completely unique. Modern, crisp white décor with comfortable lounge and deck seating, a long white terrazzo bar with panoramic ocean view and the ocean crashing on the rocks only a few feet below. Famous for its cocktails and wines, plus icy cold beer, this is a great place to spend a long afternoon, drinks before dinner or drop by late for a night cap or two. This is a fun place to meet your friends or have a romantic table for two.

Mellow Café Bar

Bar

Kata Centre, on the road to the beach

Just next to Kata Spa

Tel: 081-535-3220

Chill out at Mellow café bar.

Located within 300 metres of Kata beach we offer cocktails, an extensively stocked bar, shakes, teas and real coffee.

We are proud of our unique location and atmosphere. Set amidst lush tropical gardens and designed for your relaxation.

Pool table. Massive music collection (from ambient through Soul, Jazz, Blues, Funk, R'n'B, Contemporary Classics to Latin/Beach house).

Football and major sporting events shown (but the music never stops!)

Open: 4pm 'til late

Cocktails start @US\$2

Nikita's

44 Rawai Beach Rd, Rawai Beach, Phuket

Tel: 081-272-0561

Thai & International

Southern Phuket's best kept secret, Nikita's at Rawai is one of the island's favourite watering holes.

The absolute seafront, garden sala café-bar with fantastic island views, a shady setting and deliciously cool sea breeze is unbeatable for relaxing away balmy afternoons and evenings. Time means nothing at Nikita's.

Located on peaceful Rawai Beach, Nikita's well-trained team offers real Thai hospitality to guests - who sit happily, daydreaming for hours, observing life on the water and chatting with friends.

The extensive menu of authentic Thai specialty meals, light snacks and western favourites - along with a quality selection of fine wines by the glass, cool cocktails, icy cold beers, delicious fruit shakes, an excellent coffee menu and service with a smile - seems to be a winner with visitors and the many frequent locals who make Nikita's a second home.

Dine or relax under sala, at garden tables or outdoors by the seaside.

Great food, great music, great wine, great friends.

Open: 9am till late

Price: B 70 - 300

Capacity: inside seating: 50 outside: 60

White Box roof top bar

247/5 Prabaramee Rd., Patong, Kathu, Phuket, Thailand

Reservation:

By telephone: 076-346271

By email: rsvp@whiteboxrestaurant.com

Website: www.whiteboxphuket.com / www.whiteboxrestaurant.com

On top of White Box restaurant our guests can enjoy an astonishing uninterrupted view of Patong Bay in a roof top lounge designed to make your evening unforgettable.

It is an ideal place for a relaxing after-dinner drink, a romantic sunset cocktail, or jut to enjoy a chilled bottle of Champagne.

We aim to surprise our clientele with a **large** list of cocktails, wines, cigars, and also of outstanding "**tapas**" snacks to accompany your **drinks**, prepared specially by our **Mediterranean** Chef, Vincent Denayer.

Events also plays a major role for **White Box**, every week end enjoy international Dj venue, Upscale music, special cocktail promotion and a lot of fun. White Box Roof Top Bar often booked world famous djs.

Open Daily: 5 pm until 01am (close 02 am during week end)

Price Range Alcoholic Drinks: B 120 Bht - 480 Bht

ENTERTAINMENT

CLUB 53

53 Bangla Rd., Patong

Tel: 0-816-679-203

Club 53 located in the heart of Patong, where is known for dynamic nightlife.

Club 53 Nightclub offers the opulent feel of the best in Europe, with some of the finest cocktails around.

For those in favour of a more relaxed environment, you can relax and enjoy first rate food and music in the enclosed air-conditioned area.

Russian Parties every Friday and Saturday.

Day Time : Fine cuisine served all day right up to 2 am. Food on offer ranging from European to Thai dishes

Night Time : Everynight offers live DJs with music ranging from House music, HipHop, R&B.

Open from 10.30 am till Late

Ratri Jazztaurant

Thai

up on Kata hill behind Big One convenience store

Kata Beach

Tel: 076-333-538

E-mail: info@ratrijazztaurant.com

Website: www.ratrijazztaurant.com

Located in an awe-inspiring, contemporary Oriental building perched 65m above sea level facing the beautiful Kata Bay, Ratri Jazztaurant treats you to the spiciest live jazz on the island.

Don't miss their unparalleled panoramic view of the sunset at Kata for cocktail hour while being bathed in the soothing, sophisticated tones of true jazz or make an evening of it and enjoy some traditional Thai cooking with unexpected influences.

Open: daily 17:00 till late

Live Band: 20:30 till late

Cocktails: Full Bar & Imported Wines

The Green Man

Live Entertainment

82/15 Moo 4, Patak Road, T.Rawai, A.Muang, Chalong

Tel: 076-281-445 - 50 / 081-894-7736

E-mail: info@the-green-man.net

Website: www.the-green-man.net

Credit Cards: Visa, MasterCard, JCB.

American Express and Diners Customers Welcome

Not a tourist trap, The Green Man is a traditional English Country Pub, situated in the heart of Phuket. It is where most of the long-term residents call home, away from the hassle of the busier areas of the island. It is utterly authentic, built to ancient arcane designs, if you go, get them to take you on the tour of the Three Floors Of Life, it is a fascinating journey through the ancient beliefs of the all the world's nations.

It is also a great deal of fun, they have enthusiastic British management always on the premises and the customers are from a broad cross section of cultures and countries. Live entertainment, a regular pub quiz and theme parties plus the largest selection of draught beer in Phuket, including Guinness and Kilkenny.

It is also the favorite haunt of Phuket's kids, they have a three and half acre landscaped garden, including a great kid's playground and they also have a well-planned children's menu featuring all the stuff they love. They celebrate all the major western festivals, so your kids don't have to miss out.

The pub itself has a fabulous menu of British Pub Grub at very reasonable prices, a wine cellar, cigar divan and large screen television for sports and children's classic films and cartoons when it rains.

Their Roast Sunday Lunch (Yorkshire pudding, Roast Beef etc) is a legend on the island and kids eat for free, every Sunday. Many visitors who go there make it their second home for the duration of their stay and quickly become part of the family of the pub.

The Terrace

Sports Bar & Restaurant

Above Jaspal Tailors - Karon Branch

Karon Beach

Burgers, Fries, Pizza, Tacos, Nachos - all the goodies!

Sports on 3 wide-screen Plasma TVs.

Open Daily: 16:00 till late

Cocktails: Beer, Wine, Full Bar

Phuket Animal Support Group

Help Us Help Animals



Everybody who comes to Phuket notices the dogs. If you like the dogs, you don't want them to suffer, and if you don't like the dogs, you're upset that there are so many.

There are countless stray dogs and cats on the island and the females keep on having litters that will in turn become strays. When they get sick, they suffer until they die.

The Phuket Animal Support Group consists of Thais and foreigners who want to help these animals. Many volunteers go to the temples and beaches to vaccinate the animals against rabies and mange. Our aim is to humanely control the stray animal population by sterilization.



Funds are needed to continue our work, with your help we can do this.

Your donation is very much appreciated.

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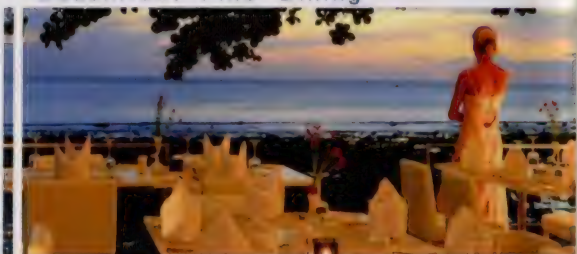
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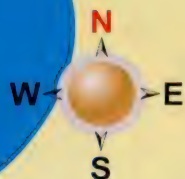
247/5 Prabaramee Rd , Kalim Beach

**white
box**
restaurant



MONDAY TO SUNDAY: 5PM - 01AM

Info on Page 30 & 76



Kata Beach

Kata Noi Beach

Nai Harn Beach

Phromthep Cape



Phuket Town
Central Festival
Bypass Road
To
Chadla West
Chadla East
To Phuket Town
P&P IT House

The Green Man

Chalong Bay

Big A Resort



Wiset Road

Sai Yuan Road

Mangosteen

Don's Mall

Fresh Market

Vichit Bungalows

Phuket Sea Shell Museum

Evason

Reggae Bar

Meridien Yacht Club

Siam Phuket Resort
Nikita's
Rawai Beach

- | | |
|------------|--|
| Hotel | |
| Bars | |
| Restaurant | |
| Shopping | |
| General | |

Map of Chalong - Rawai- Nai Harn

To Nai Thon

To Talang

- | | |
|------------|---|
| Hotel | ■ |
| Bars | ★ |
| Restaurant | ● |
| Shopping | ▲ |
| General | ■ |

Map of Bang Tao, Kamala, & Surin

Bang Tao Beach

Mamma Mia
PATONG & BANG TAO

Surin Beach

Laem Singh Beach

Kamala Beach

White Orchid

Rajah Fashion
Aquamarine Resort & Villa

Rajah Fashion
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Finest Fittings

To Patong

Banyan Tree

Allamanda

Sheraton

Laguna

Dusit Laguna

Laguna Beach Club

Laguna Riding

Cherng Talay

Police

Amora Resort

The Red Room

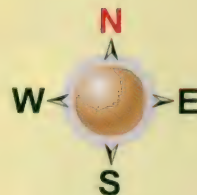
Amanpun

Chedi

Kamala Bay Garden Resort

Kamala

White Orchid
-Secluded beach-
Restaurant



To Heroines Monument



0 7634 6271

white
box
restaurant

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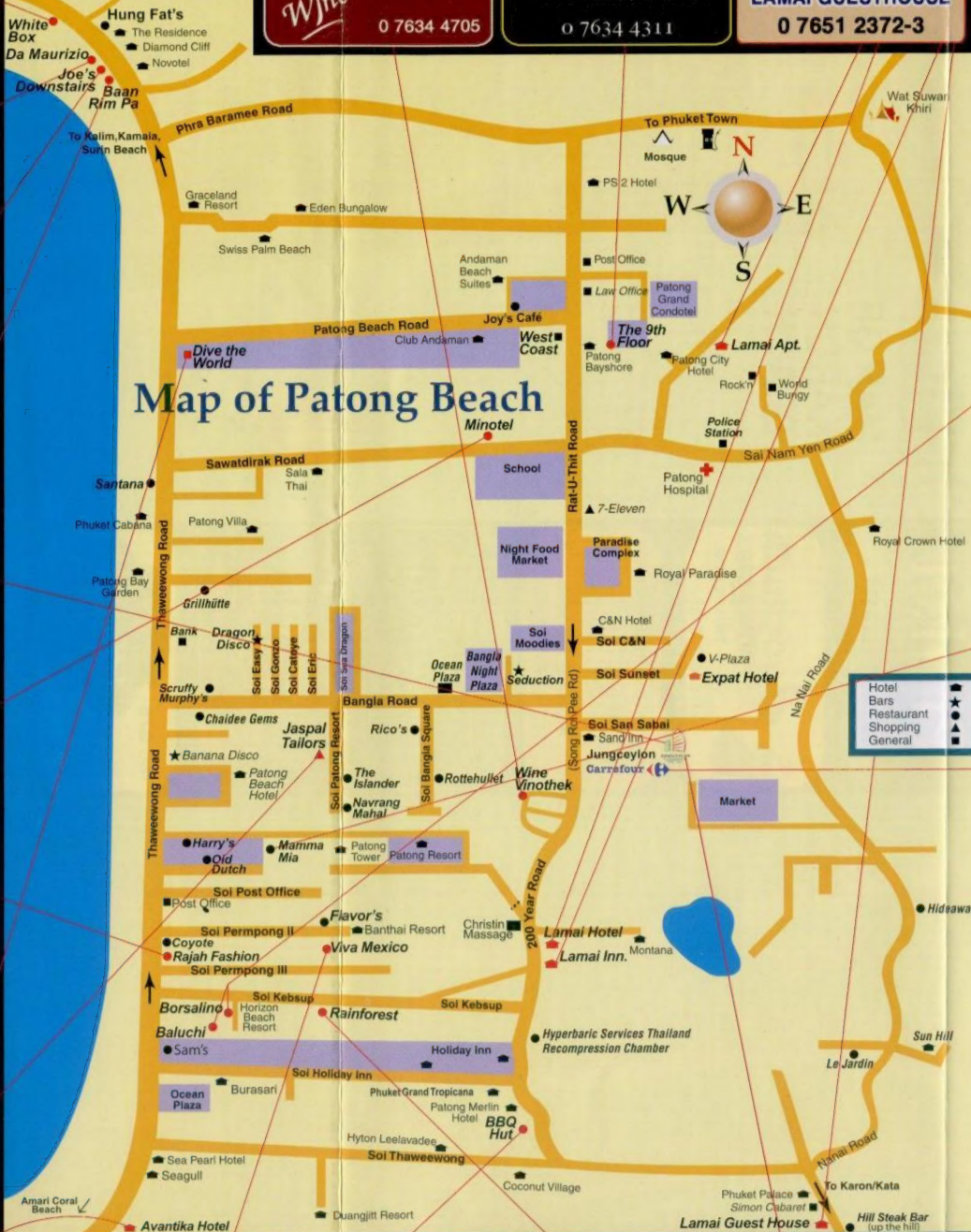
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Prachanuk Road

To I
←

Patong Beach - Map of Bangla Road

Thaweewong Road / Beach Road

Prachanuk Road



Soi Patong Tower

Patong Tower



Patong Beach Hotel

Banana Disco



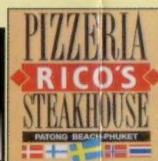
Soi Easy

★ Dragon Disco

Soi Gonzo

Soi Crocodile

Soi Patong Resort

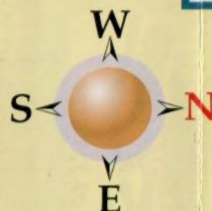


Soi Bangla Square

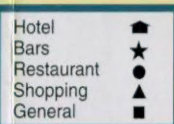


Soi La Diva

Vinothek House of Wine



Baan Sukothai



Bangla Road

Soi Eric

Soi Sea Dragon

Ocean Department Store

★ Tiger Disco

Bangla Night Plaza

Rath-U-Thit/Song Roy Pee Road

To Karon



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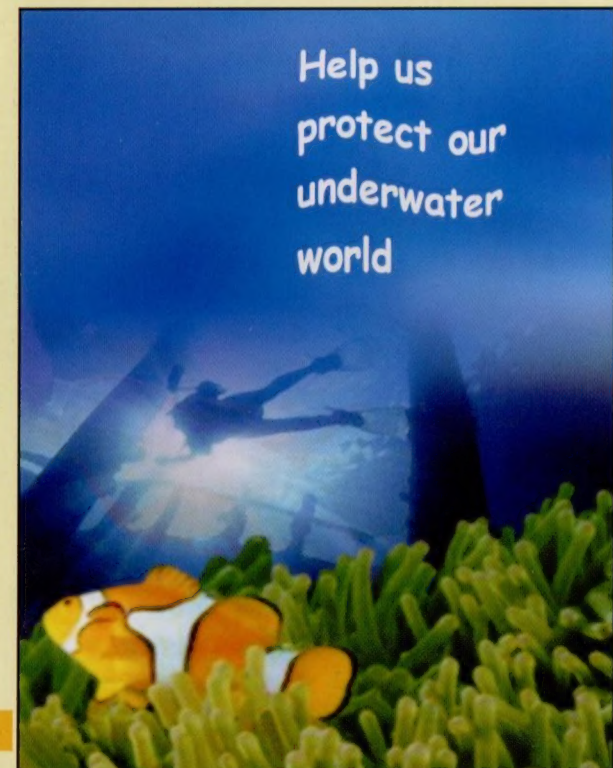
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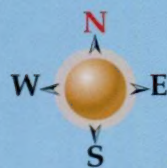
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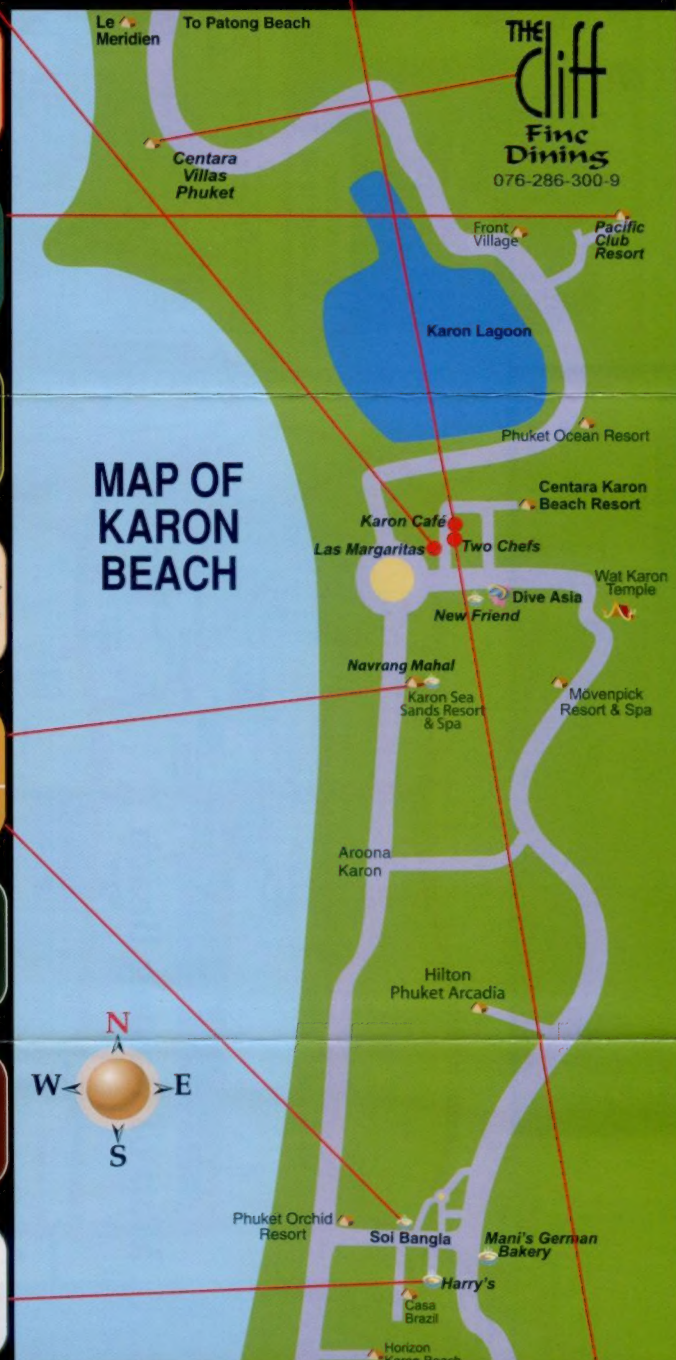
MAP OF KATA BEACH



STEAKHOUSE • PIZZERIA



MAP OF KARON BEACH



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